

FREEWAY-CER SYSTEM

By Tom Bolton & Beverley Anderson Originators of the System.

Briefly about FREEWAY-CER

FREEWAY CER is a comprehensive system of elements that we have been using for several years helping many people gain relief from a wide variety of uncomfortable conditions. We were happy developing it and using it with our own clients in our practice here in Wallasey England. However after much persuasion from lots of people and close friends we decided to make it available to others. Already many people around the world are using FREEWAY-CER and are delighted to report its effectiveness and almost immediate successful healing or removal of very seriously distressing conditions and illnesses. It has already been translated into Spanish and Portuguese Languages as well as English. We have not been in any hurry to promote this therapy but now everyone seems to want it. Already some Therapists have been trained in the UK, USA, Brazil, Argentina. But we feel that we should share it with more people so that its amazing effectiveness can eventually help many millions of sufferers to recover from almost all stress related problems and conditions. We are now appointing FREEWAY-CER Practitioner Tutors who can conduct Practitioner Trainings in the British Isles. Bev and I Tom are also conducting Practitioner and Advanced Training Seminars for groups who wish to gain qualifications as FREEWAY-CER Practitioners and Advanced Practitioners.

In the last 6 years we) have developed the FREEWAY CER (Change Energy Routine) which very rapidly removes distressful conditions, often in minutes. Other elements of the System include:

1. A brief simple model and theory of the human energy system
2. A simple sequence of stretches to level Meridian Energy.
3. Meridian Comparison Charts with lists of Associations and Imbalances.
4. Two simple techniques the FREEWAY Standard Procedure and the CER Procedure.
5. Human constitutional classifications and how to discover yours and most of all benefit from this knowledge.
6. Breathing techniques to refresh and energise.
7. About ageing and how to slow down this process.
8. Nutrients and their vital roll.
9. Several Types of Meditation.
10. Self-Healing.
11. The beneficial effects of colour vibrations in energy work.

FREEWAY-CER is a dynamic System encompassing Ageless Wisdom Teachings of the World adapted, updated and modified for effective application in the modern world. It includes:

1. An excellent set of tools for therapeutic energy based change-work.

2. A complete Self Development System that can be taught to almost anyone for rapid change.
3. Advice, guidance and information for prevention of illness.
4. Exercises and nutritional advice for vibrant health and longevity.
5. Special healing; meditation; and constitutional advice.

Although FREEWAY-CER it is a complete system, it can also be used alongside other forms of therapeutic techniques to enhance their effectiveness.

The CER Technique which is one of the elements within the System differs in many ways from other energy therapy procedures in that it has only 8 points, it incorporates several yawns, a new type of affirmation, takes approx 1 minute to complete a round, it can be used by tapping, rubbing, pressing and releasing, or silently without any physical movement at all. Its such fun and enjoyable to use by almost anyone.

So far we and those who have been trained to use FREEWAY CER System have used the CER and other elements from the System successfully to almost immediately give relief to people who have suffered from a wide variety of problematic and stress related mental, physical and physiological disorders, conditions and illnesses. These include:

Anxiety, nervousness, panics, depression,

Phobias including: flying, heights, spiders, choking, mice, onions, darkness, open spaces,

Addictions including; tobacco, alcohol and hard and soft drugs including; heroin, methadone cocaine;

Eating disorders, insomnia, low self esteem, behavioural disorders, aggressiveness,

Lack of confidence, low self esteem, lack of concentration, studying & passing exams, passing driving tests

PTSD, PMT, pains without any medical causes; plus an endless list of other symptomatic and painful conditions.

ABOUT THE ORIGINATORS OF THE SYSTEM

Tom Bolton is a qualified Meridian Energy Therapist Psychotherapist and Clinical Hypnotist and also a Holistic Practitioner using Healing, Aromatherapy, NLP, RTT. And Cognitive procedures. He is a teacher of Dynamic Deep Meditation. He holds internationally recognised Diplomas in all the above as well as in Nutrition, Massage, Anatomy and Physiology. He is also the author of the self help book 'Vibrations for Health and Happiness'

and received commendations about this book from Prince Charles and Hilary Clinton among others when it was first published.

Beverley Anderson is an Energy Therapist, Healer and Advanced Reflexologist.

Tom & Beverley have also co-authored a trilogy of self help books entitled 'Tiny Enlightenments', 'More Enlightenments' and 'Last Enlightenments'.

And several other self help books including, 'The Magic of Chi Gung' a comprehensive guide to Eastern Exercise and Healing Elements.

Tom's first book 'Vibrations for Health and Happiness' became a best seller in 1998.

Message from Tom Co-creator of FREEWAY-CER Meridian Energy Therapy System.

For many years I Tom have been interested and carried out research into the Ageless Wisdom Teachings of the World. In 1984 I was taught a simple technique that almost instantly changed my life for the better.

I knew even then that something wonderful and magic had taken place. I now realized that what had in fact happened is that trapped emotions that had held me down for years were suddenly and dramatically transformed into vitality. The transformation was dramatic. From an anxious and at times badly depressed person I became content and comfortable in myself. I now was able to look out from myself to others around me and I was shocked to see so much unhappiness and misery in so many people. I felt a burning desire to help others as I had been helped but I was unsure just how I could accomplish this.

I began a journey of discovery and research that even now I still pursue. I entered the world of healing, hypnosis and holistic medicine. I was intrigued with the Esoteric Eastern attitude to life and health. I became aware that some of the techniques they used thousands of years ago were effective and easily adaptable for modern use.

I also studied and gained qualifications in several Complimentary and Alternative Therapies. 22 years on I am a practicing therapist. I continue to research, study and learn and realize that we today are still only scratching the surface of the wonderful world of Healing and Energy Therapy.

Health

As a Holistic Practitioner I believe that good health and longevity rely upon the effective interaction between the body's fundamental energy systems and the equally vital balance among body, mind and consciousness/soul. I therefore decided to use the results of my research and experiences to bring together within the FREEWAY CER framework a System that would not only offer quick effective relief from stress and emotionally linked problems and

conditions, but also provide a valuable set of tools which would offer people the opportunity to optimize personal good health, vibrancy and longevity.

THE FREEWAY PREMISE.

The Root of most negative emotionally based problem/s might be an unknown or unremembered something or things that happened or were imagined to have happened sometime before now in your past and which are no longer productive relevance or significance at this time. The original roots could have dissolved but still left disturbances and shadows lurking in the unconscious levels of mind.

These hidden unknowns might be the causal factor/s behind incorrect flow and unbalance within the body's energy and nervous system.

The results in your life may be one or a combination of painful, emotional, mental, physical or diseased conditions. Any of these may have proven to be long lasting and highly resistant to any form of change thus restricting your life in so many ways.

FREEWAY CER SYSTEM therefore offers a selection of powerful change-work tools that may help you and your clients dissolve echo's from the past quickly, comfortably and without effort, thus offering you more freedom of choice and peace of mind. It also offers you advice and guidance on maintaining a healthy and vibrant lifestyle.

So why and how Does FREEWAY-CER work:

It is impossible to answer this question fully. To do so would take volumes, however I will endeavor to give you a little of the background flavour so that you may open your own mind to the almost unlimited scope for change that is available to those of you who will use the FREEWAY CER System..

A Brief Outline of the Energy Theory underlying FREEWAY CER System

For thousands of years in the East (Tibet, India, China & Japan) wise inquisitive people have used the knowledge of meridians and energy balancing treatments. Massage, Acupuncture, Meditation, Use of Herbal Remedies, Chanting, Yoga, special breathing exercises and Dancing are just a few of the ways of causing beneficial changes to occur within the human energy systems.

In the Vedas and other Ancient Books of Knowledge is said by the sages that our human form is reliant upon several levels (bodies) of vibratory energy. The physical body manifests at the grossest visible levels. All levels of energy interact with each other. The subtler bodies are within and extend outside of the boundary of the physical body. Together they form what is known as the aura. Each body is expressed through its own frequency band. Each maintains its own integrity rather like Radio and TV frequencies transmit without overriding or interfering with one another. These levels of conscious energy are generally referred to as follows:

A Brief Outline of the levels of Consciousness that can benefit and come into Balance by using FREEWAY-CER Procedures.

Etheric Level is the densest level of subtle energy and is closely associated with the functioning of the physical body. It extends a few inches beyond the skin and is probably what is picked up by Kirlian photography. The system of meridians and energy systems are found here.

Astral Level is of a higher frequency or finer level of energy than the etheric and is said to extend several feet out around the physical body. It is the vehicle of emotions and its shape and colours within it are ever changing according to whatever emotions we are in at any given time. This vehicle of energy is so sensitive that it can be affected and influenced by the emotions of those around us or by changes in feelings we have from reading or watching TV etc. Occasionally we may be overawed by things others feel or do. It is up to us to maintain our personal space and avoid entering into any destructive feelings expressed by others. Once you feel safe with another or others in emotional relationships then the need to keep a distance from others feelings may not be necessary and hugs and cuddles then become energizing rather than depleting.

Mental Level is composed of even finer energy and extends further out from the physical body. It is the analytical intellectual vehicle. It governs the thinking brain and contains and projects thought forms, which have colour and shape. Telepathic people use this vehicle to project and receive thoughts to and from others. A well-developed mental vehicle will allow its owner to think clearly and to be focused on any mental task.

Causal Level is said to be connected with the Higher Self. It is composed some of the finest vibrations within the universe. These extend out far beyond the other bodies. This is the seat of intuition, perception and understanding. The soul is said to be the vehicle where resides all the knowledge and the essence of your connection with the Universe. The soul is said to survive death and when the flesh, astral and mental bodies dissolve the soul remains to continue on through all eternity.

Consciousness

All levels interrelate and complement each other and reflect the degrees of consciousness through, emotions, thoughts, and intuitions, body awareness etc.

Life is a journey and during the process of maturation and personal development, consciousness widens and the higher levels become more active. In childhood you will be more concerned with your physical and emotional experiences; in youth the mental faculties are activated and in adulthood and maturity intellectual and intuitive abilities evolve. In everyday life your consciousness moves through combinations of frequencies as you shift your attention. Energy moves through each of the bodies and becomes transformed from grossest at the lowest material levels, to finest and subtlest at the higher levels. Changes in your physical body will affect the balance and equilibrium of energy in meridians, emotions and thinking levels.

Likewise all our emotions and thoughts will affect our physical body and its balance and general health. Events at the Causal and Soul levels will echo powerfully on down through all levels, even into the physical body.

The Psychic Energy Channel

The strongest flow of energy in your body is said to be the psychic or spiritual channel or Sushumna, running from the base of the spine up to the top of your head. This channel is charged from Earth below and the Universe above.

We are apt to think of ourselves as just a physical body. It seems that we are quite separate from anything outside of our skin; when we think in terms of energy this separateness disappears. We are an energy being and we only exist because of the constant flow and interchange of energy between ourselves and everything else in the universe. We receive and give energy to other people, animals, plants, and other living organisms. We take in and transform energy from the earth, sun, planets, stars and outer space.

Through time human beings have learned to stand upright and therefore are able to receive a very effective flow from below and above. Hence if you do anything that requires concentration or alertness such as reading a book, playing an instrument or doing things that demands a great input of energy it is best to have your body in a comfortable upright position. If you wish to relax or rest then lie down with your body comfortably unfurled and not curled up.

The Seven Main Energy Centres (Chakras)

The seven main centres are a parts of the subtle energy bodies. Each centre-Chakra (Wheel or Vortice of Light & Sound Energy) has an etheric component nourishing the surrounding organs and their functioning and an endocrine gland excreting hormones into the physical body. Chakras have their own astral, emotional, mental and causal component and so each forms a special centre of consciousness.

The lowest three Chakras are concerned with our individual survival and physical and emotional relations with other people and the outside world. The diaphragm can be thought of as a divider between these lower functions and the higher human functions or qualities. The fourth and fifth Chakras, the heart and throat, become more active as we develop our ability to love and become creative in communicating ideas and concepts. As we gain increased intuitive understanding of the nature of life and the universe, the sixth brow Chakra becomes more active. The seventh crown Chakra only becomes fully active and enlivened when we have developed our awareness on a spiritual level, of the unity of all life. In this way every change in consciousness is reflected in a change in the energy activity of the Chakras. As with the subtle bodies there is also a movement of energy between the various subtle bodies within each Chakra. When a change or transformation occurs at any level, this will create changes in all the other bodies of the same Chakra. Often people with a thyroid or other throat area physical problem are those who have been prevented, or have had difficulty in expressing openly, their inner feelings or thoughts.

The Chakras

Crown Chakra. Located within the crown, it externalizes as the pineal gland and governs the upper brain and right eye. Its function is spiritual awareness and spiritual will-to-be. The associated colour is violet and the balancing sound is AUM.

Brow Chakra. Situated in the centre of the forehead just above the eyebrow. It externalizes as the pituitary gland. It governs the lower brain and nervous system, ears, nose and the left eye. Its radiates intuitive perception and understanding down from the higher mind. The associated colour is indigo and the sound is AH.

Throat Chakra. Residing in the hollow of the throat, just below the thyroid gland. It governs the lungs, vocal chords, bronchia and metabolism. Its function is communication, self-expression and creativity. Its associated colour is velvety blue. Its balancing sound is HAM.

Heart Chakra. Lies near and just above the human heart in line with the spine. It has links with the thymus gland. It governs the heart, blood and circulatory system, and also influences the immune and endocrine systems. Its function is awareness of self, service to others, empathy and compassion. Its colour is emerald green with a bluish tinge. Its balancing sound is YAM.

Solar Plexus Chakra. This is found in the area of the solar plexus. The centre of power and physical energy. It externalizes as the pancreas and influences the liver, spleen, stomach, gall bladder and aspects of the nervous system. It is the centre of emotional sensitivities and issues of personal power. It works on the emotions, personal power, and desire mechanisms. Its colour is bright yellow with an inner triangle of red. Its balancing sound is RAM.

Sacral Chakra. This plexus is associated with the Gonads and influences the reproductive system; lower back, legs and feet. Its function is to promote physical and mental vitality, grounded-ness, sexual energy, relationships and feelings of self-esteem. Its colour is orange with a glint of silver within. Its balancing sound is VAM.

Base Chakra. This Chakra is associated with the Adrenals it energizes the spine, skeleton, kidneys, bladder and autonomic nervous system. It functions through procreation and energizes the will-to-be. Its colour is red with a yellow glow within. Its balancing sound is LAM.

Organs

In the oriental system of medicine twelve organs/units are identified as being storage or transformational in their functioning. Storage organs include lungs, spleen with pancreas, heart, kidneys, pericardium and liver. Transformational organs include: stomach, small intestine, large intestine, bladder, triple heater and gall bladder. Their functions are briefly as follows.

Storage Organs

The Lungs take in energy from the air and combine this with energy from food to nourish the whole body. The lungs also contribute to increasing vitality and positivity in a system.

The Spleen transforms energy generated from food into bodily energy; also enhances concentration and thinking processes.

The Heart circulates the blood, controls the blood vessels, helps in the formation of blood from energy taken from food and the air; it is the home of mind, consciousness, thinking, feeling and long-term memory.

The Kidneys provide raw energy for all other organs, for growth, development, and reproduction. They also nourish all the bones including the spine and refresh the brain giving willpower and determination.

The Pericardium encloses and protects the heart, stimulates circulation and plays a part in successful relationships.

The Liver directs an even and regular flow of energy throughout the body; it enhances the ability to think and plan effectively, balances emotions, and creates humour, and creativity.

Transforming Organs

The Stomach Breaks down food ready for the extraction of vital energy by the spleen, and intestines. The stomach promotes intellectual thinking.

The Small Intestine Receives food and separates the nutritional content and passes the rest on to the large intestine. It is the centre of discrimination and decision-making.

The Large Intestine Receives food from the small intestine absorbs useful fluids and excretes waste matter in stool. It creates feelings of self-confidence and the ability to let go and move on.

The Bladder stores unwanted fluids prior to excretion in the urine. The bladder is the centre of courage.

The Triple Heater distributes energy as warmth throughout the body. It encourages successful emotional relationships.

The Gall Bladder is the storage and distribution depot for bile, which is manufactured by the liver.

Meridians/Channels

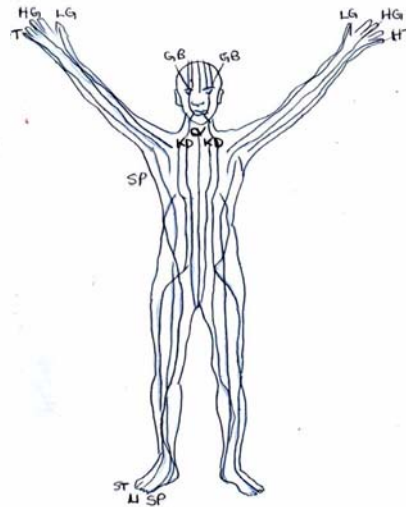
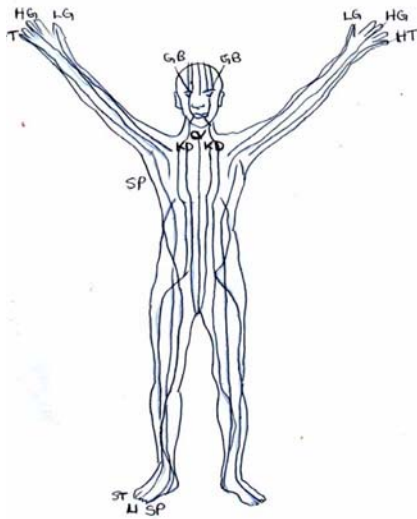
Each of the twelve organs is linked with an energy meridian. Each meridian travels through the body, connecting with various organs and chakras and in some places on the surface of the body. These twelve meridians are bi lateral- located on both sides of the body. In addition to the chakras and the twelve main organic meridians there are two very important channels namely the Governing Vessel and the Conception Vessel. Together these two join and form a complete loop. The Conception Vessel runs down the centre front of the body and the Governing Vessel runs up the centre back of the body over the head and finishes in the mouth.

See Fig 1 and Fig 2.

Fig 1 Meridians Front View

Fig 2 Meridians Back View

FREEWAY-CER Meridian Energy Therapy and Healing System



HG = Heart Governor
LG = Lung
HT = Heart
KD = Kidney
LI = Liver
SP = Spleen
CV = Conception Vessel

LI = Liver
TH = Triple Heater
SI = Small Intestine
BL = Bladder
GB = Gall Bladder
ST = Stomach
GV = Governing Vessel

Flow

Energy flows into the meridians from the chakras and the organs of the body and also from the outside ends of the meridians on the hands and feet and through the Tsubo/stimulation points. The meridians form a network and are all inter related. Each meridian has a short connecting pathway to two other meridians, so the energy flows from one meridian to two others, and each of these two others flows into two others. This network forms a matrix of life energy. The interflow of energy meridians is as follows: Heart meridian; small intestine meridian; bladder meridian; kidney meridian; heart governor meridian; triple heater meridian; gall bladder meridian; liver meridian; lung meridian; large intestine meridian; stomach meridian; spleen meridian and back into the heart meridian once more.

Each of the meridians has a fixed direction, termed either centrifugal or centripetal. In addition each is associated with one of the five elements and is

designated as either yin or yang depending on the character of the energy that flows along it.

Centrifugal when applied to a meridian indicates that the energy or vortex flows outwards in a swirling motion along the meridian away from the centre of the body.

Centripetal when applied to a meridian indicates that the energy flow swirls inwards towards the centre of the body from the periphery to the nerve or organic centre.

Health

Good health occurs when all the energy within main meridians, other energy channels, chakras, and organs is balanced and flowing freely. If there is a blockage or there is too much or too little energy in one part of the system for any length of time then ill health, disease or malfunctions will quickly follow. More energy flowing freely increases overall consciousness within the whole system/being and contributes to greater stamina, positivity and clarity of mind. In the Eastern Shiatsu tradition Kyo describes a state of deficient or low energy; Jitsu describes excess or high energy. A balanced state between these two is desirable for

EPILOGUE TO THIS BRIEF INTRO TO FREEWAY-CER.

Our research over many years into the Ageless Wisdom and Healing teachings of the World has given us access to much valuable information and knowledge that has been hidden from the ordinary peoples of the world. We have been using this knowledge to adapt and devise modern approaches based on Ageless Wisdom Teachings. Soon we will be releasing more of our FREEWAY-CER procedures, techniques, breathing exercises and more information designed to slow down the aging process and lead to longer, healthier more vibrant lives.

Of course you don't need to know all the Theory at all because the simple application of any of the elements within the System will soon change most peoples outlook on life and increase general health whilst slowing down the Ageing process.

Message from Bev Anderson Co-creator FREEWAY-CER System.

We have recently decided to make FREEWAY-CER more available worldwide. And in order to do this we are training and appointing skilled Practitioner Tutors to run courses throughout the British Isles. We ourselves are also conducting a series of two day Certificated training Seminars for Therapists and Practitioners up to Advanced levels. In the very near we are offering training courses in Ireland, Scotland, Wales, England, the Isle of Man and the Channel Islands. Also we hope to visit countries in Europe if invited by interested people, Therapists and Groups. For more information about this amazing and powerful system which many are now saying is more effective than other forms of therapy why not visit our website at www.freeway-cer.com or contact us by email at tombev@freezone.co.uk

FREEWAY-CER Meridian Energy Therapy and Healing System

Bless you All

Tom Bolton & Bev Anderson