

# Upright

## and Healthy

Albert Einstein once said, 'No problem can ever be solved from the same level of consciousness that created it.' Could the realignment of one small bone really be the key to preparing the body and mind for true enlightenment? **Kate Osborne** experiences first hand the power of having her atlas vertebrae realigned and explores the medical and spiritual truths at the heart of this intriguingly simple treatment that appears to offer so much

I heard about this treatment by way of eavesdropping on a conversation in the office. It sounded far too good to be true, repositioning one bone and opening the gates to wellbeing and eternal wisdom. I don't think so. Then by the power of synchronicity (I have long given up my belief in coincidences) whilst having a conversation with a subscriber I asked, 'So tell me what you would like to read more of?' She replied, 'Oh health issues, you know I have had my atlas bone realigned and it is marvellous, my husband has had his done and his golf playing improved ten-fold. Its incredible, you should write about it, marvellous stuff!' Well, that was enough for me to call Claire, one of only a handful of qualified therapists practising in the UK. We arranged to meet at her place in London. Would I be completely converted or totally disappointed?

### The physical evidence

The atlas is the first of the seven cervical vertebrae (C1) and, like all foundations, its position sets the tone for the whole skeletal system that follows. Therefore if this vital bone is out of alignment (luxated), as is common in the vast majority of people, then is it at all surprising that we are afflicted with aches and pains throughout our lives as a result of our body attempting to compensate for this faulty 'cornerstone' in our skeleton? Not only is this twist in the rotation of the atlas putting strain on the neck, back and pelvis but it is also putting our spinal cord and various nerve tracts under continuous pressure. There are also constrictions placed on arteries, vessels and lymphatic systems. All these stressors on our body spill over into our mental and spiritual wellbeing too. The flow of Chi, the life-force that energises us, is restricted. Therefore the opportunities to realise our full physical, emotional and spiritual potential are hindered. It makes sense when looking at this bone in situ, that an adjustment seems the logical thing to do, like putting the key piece of the puzzle in its proper place. The picture is complete and the body can begin to heal. This is all neatly presented by way of a DVD film before beginning treatment.

### The consultation

I was pleasantly surprised on meeting Claire for the first time. She radiated health and serenity and her enthusiasm

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for the treatment was intoxicating. We talked about her own personal journey since having her atlas corrected and she had no hesitation in giving me a full run down of the effects. She smiled, 'Just now I am noticing my jaw bone shifting, it feels stiff but if it's on the move then I am confident it will realign itself in the correct position'. She spoke to me of having had a lot of emotional issues surface soon after her atlas treatment, feeling down, some back pain, all of which passed and left her feeling so much better. She went on to say, 'The atlas treatment, the realignment, is a one-off process, but it is important to support the physical body as changes take place. A simple back massage every so often will help the spine to adjust, giving support. You can go to any therapist you trust for this.' I was quite encouraged to hear this. Just two treatments (£140 for adults £80 under 16s), requiring no follow-up appointments? Well I never. Then Claire announced that the 'master teacher' of Atlasprofilax™ to give it its official title, Peter, would be joining us shortly, and if he was willing, could give me the treatment himself. I was delighted. And within minutes Peter arrived. He too was a picture of health and happiness and once we got talking it was clear that he had also undergone a major shift, both on a physical and an emotional level. He spoke passionately about the treatment and its benefits and was quick to point out that it was all down to the research and vision of qualified masseur and Enar Therapist Rene-Claudius Schuemperli, and if the credit was to go to any one individual it should be directed at him. But it is the treatment that is the important issue here not massaging the egos of the people delivering it. Again I liked the focus on the 'message rather than the messenger'. All good stuff, so far.

## The experience

Peter's first instruction to me was to sit in a chair while he turned my head left and right to gauge the flexibility – this was the first indication of whether my atlas actually was luxated and to what degree. A brief moment of wishful thinking hit me. That I may have been one of the rare individuals who was already 'fixed' – no such luck. By feeling the vertebrae in my neck he could confirm I was out of sync. So then it was to a therapy bench to lie face down, in order that Peter could check the alignment of my pelvis. He did this by pulling from my ankles, at which point my trusted neutral companion (always good to have in tow to provide a reality check), commented, 'Look, one leg is about half an inch shorter than the other'. Unsurprisingly my hips weren't perfectly balanced – further confirmation that the treatment was a good idea. So back to the chair, at which point Peter got out his box of tricks. With my back to the box I can't say for sure what was in there. Peter stood in front of me cradling my head firmly but I felt safe and he then proceeded to apply what felt like a metallic, electrically powered rod to the back of my neck. For a split second I heard my thoughts say, 'What are you doing? This could really do

some damage. Tell him to stop!' But just as I heard this thought an inner knowing, replied, 'It's OK, go with the flow, it feels good. Trust in this'. And in that instance, as Peter moved this device from one side to the other, the feelings of an energetic current moved down my body like a wave of warm sunlight. I felt completely at ease.

## The immediate results

Once my realignment was done, my faithful witness confirmed, whilst flat on my stomach again, that my legs did in fact line-up perfectly, and as I stood up I felt lighter somehow. But the big clincher for me, right then and there, was the lack of pain in my lower back, which for almost a month before had been splicing me in half. That was impressive. We all sat down again. I felt a little like a child at a baptism might feel (never actually having been indoctrinated into a religious order myself), as the others looked upon me with beaming smiles and announced, welcome to the club! Peter speaks very good English, but once I let slip I spoke German too I saw another dimension to this man that emerged from the opportunity to express himself in his native tongue. He spoke of our bodies now being able to uncoil, unwind to allow all levels of our being to restore their natural balance, and our thought processes are clearer. This was not a 'cure-all' but any other therapy that I was to undertake now or in the future would work better, because my body was able to make optimum use of everything coming its way. I could expect the changes to continue for some time – adjustments could still take place for up to three years.

## The lasting impression

But it was when I asked Peter about his belief, his connection with his 'inspiration', that I saw the most striking transformation of the day. It was like sunlight bursting inside him, as he smiled and said that it was his connection to God, his belief in God, that was the real truth. Now his words became poetically expressive, his body language changed and I felt his heart open as he declared that it was once he had had his atlas fixed that he felt a stronger connection to the purest of all energies, divine love. I had embarked upon this visit with much curiosity and a healthy dose of scepticism, I had spoken to educated, medically savvy people whose methods had made a lot of sense to me, I had undergone a treatment with effects which I have no doubt will play out in the course of time. Most significantly I had seen the power of a free heart beating in a man, a power which pumped positive energy through his body being allowed to now flow freely. Without x-rays it is impossible for me to state that everything that I felt had taken place in my body, really had. I am only at the very beginning of my 'unwinding' and though I didn't leave the building that day feeling like a 'new' me, I do, however, trust enough in my connection to 'All' to know it has not



been in vain. As I sit here now typing my account I am still pain-free, I am sleeping well and I am looking forward to embracing every opportunity that comes my way. Could it be that already my physical heart is opening and pumping positive energy along a clearer path straight to my spiritual being? Time will tell.

## more information

- For practitioners see advertisement on page 79
- [www.atlasprofilax.com](http://www.atlasprofilax.com)
- Recommended reading *Correction of the Atlas - Fundamental Discovery or Hoax* by F.G. Perrin available from any Atlasprof® Practitioner

## Reversing the Curse

by Jean-Claude Koven

I first heard of the Anunnaki some 20 years ago when I read *The Twelfth Planet* by Zecharia Sitchin. His book, the product of extensive research into Sumerian tablets and other ancient writings, describes the Anunnaki as the inhabitants of Nibiru, a planet that circles the sun in a 3,600-year elliptical orbit opposite in direction to all the other planets in our solar system. The myth of creation related by Sitchin says, 'Soon after our solar system began to form, a planet thrust from another solar system passed near ours, was attracted inward, collided with a planet called Tiamat, broke her up to create Earth and the asteroid belt, and itself was captured into a great orbit around our sun to become the planet Nibiru. It was so 'Earthlike' that the Seed of Life, begun there, was transferred to Earth during the collision.' Eons passed as life evolved on both Earth and Nibiru. Facing the prospect of extinction because Nibiru was slowly losing its air supply the Anunnaki went in pursuit of gold to replenish their falling atmosphere. The Anunnaki came to Earth, where they discovered vast stores of the gold they desperately needed. After an extended period of successful mining operations on Earth, the mine workers brought from Nibiru rebelled, and the Anunnaki rulers on Earth decide to replace their own labourers with native Earth life. Their initial attempt was unsuccessful, so they resorted to genetic engineering to splice the native Homo erectus genes with the more complex Nibiruan genes. After several attempts, the Anunnaki succeeded in creating a hybrid species ideally suited to their needs – the one we now call Homo sapiens. The luxated C1 was deliberately engineered into the Homo sapiens coding by the Anunnaki in order to render their native pool of mining slaves more docile, programmable, and controllable. This mechanism has remained in the human genetic make-up ever since, and I suspect it is well known to those who understand how best to exploit such things.

## more information

- Jean-Claude Koven is the author of *Gilding Deeper: How to Make Sense of Your Life When Your Life Makes No Sense*.
- For more information, please visit: [www.primhouse.com](http://www.primhouse.com)