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## THE EXAMINATION OF HANDWRITING TO DETERMINE HEALTH ISSUES

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### Abstract

In Germany, when a child enters school with a learning disability, they are automatically put on Grapho-Therapy. Why isn't the same thinking visible in the USA in our schools? Handwriting is brain writing – the training and conditioning of the brain to connect with the world in a healthy way – and yet we all hear about the schools wanting to eliminate the teaching of handwriting. I wrote this article so that you could make your own decision about whether they are right or not. If I am right, all over the country, start letting your voices be heard. Keep teaching cursive writing in school.

This article is about the journey into my live and the lives of Julie, Peggy, Ann and John. Each of us has successfully used Grapho-Therapy to return to a more productive life.

Key Words: Handwriting analysis; Grapho-Therapy

### Introduction

Please take a chair and put your feet flat on the floor. Now choose a left or right foot and start making it go in a circle, keeping contact with the floor. Reach up in the air with the corresponding hand and begin to form the letter O, an "a", a 6, and an 8, at the same time be sure your foot is still maintaining a circle on the floor. Probably you found out that you can't maintain the circle with the foot. Handwriting is Brain Writing. The brain paid more attention to the hand movement and made the foot follow the movements of the hand. Why? The air writing of the hand was closer to the brain than the foot. I have had many audiences do this experiment as part of my talking with them on the analysis or examination of handwriting.

Now that I have your attention let me take you on this journey of my fascinating career. In 1994 I became a Certified Document Examiner. I had a friend, Dr. Jerry Weiss, a Clinical Psychologist, who wanted to test me by letting me analyze some of his patients through their handwriting. Of course, he made sure that he protected their confidentiality. I was able to tell him exactly what was wrong with each of the patients he asked me to analyze. I think it surprised him when I was right on all them. He then decided to show me how to analyze doodles and drawings as Clinical Psychologists do on a regular basis. This involved the reading of many books written by psychologists.

Taking that a step farther, I can now analyze the personalities of people doing graffiti. I regularly teach in my handwriting analysis certification courses.

I teach and certify Handwriting Analysts, Forensic Handwriting Examiners, Questioned Document Examiners, and Grapho-Therapists in the United States.

## **Graphology and Grapho-Therapy**

Our journey continues with what Graphology entails. Graphology is defined as the study of the analysis of handwriting. Grapho-Therapy is a technique of using handwriting to correct faults and improve character. Practicing various handwriting exercises consistently and consciously can, in a matter of months, improve one's ability to focus, concentration in performing tasks and attention; and reduces anxiety.

If we know that handwriting is directed by the brain, then every stroke of the writing on paper will correspond to a person's behavior. People's personality and physical and psychological problems are revealed within their handwriting. Rose Toomey (1990) explains the zones of handwriting in comparison to the parts of the body. Put your hand on the top of your head, that in the handwriting is the brain. Put your hand on your foot, that is the bottom of the handwriting. When you sit down you will notice a crease at the top of the hips; this is the baseline of the handwriting. At this baseline level in the handwriting you will find the kidneys, uterus, liver, and part of the spine reflected (Sainte Colombe). I use these guidelines as my points of entry to understanding the problems that people bring to me. Then, whether I will prescribe a regime of Grapho-Therapy or just refer the client to a professional is decided between us. Of course, sometimes it turns out to be both.

Before any thoughts of Grapho-Therapy on an individual can be entertained, a diagnosis has to be determined (Toomey ). The same strokes will bring about different results for different people because each nervous system is different. No two brains are the same. When people are on my Grapho-Therapy program I am reviewing their handwriting on a regular, daily/weekly basis. I am watching for any changes, positive or negative. I then am on hand to do the corrections in the handwriting or exercises that I deem necessary.

Treyce d'Gabriel is studying to receive her doctorate as a forensic psychologist. Treyce developed another way that Grapho-Therapy can be used very effectively: to change the behavior of first time criminal offenders. To date, none of those participating in her Formation Handwriting Therapy have re-offended. They are on a pilot program in Texas and are constantly being monitored. This program is a model for other police departments across the nation. I was involved in this program.

As part of this article, I am sharing with you some of my case histories involving my examination of handwriting, and my determination whether to refer them for professional help and/or Grapho-Therapy. The clients also tell you how they felt about the effects of Grapho-Therapy. Let me illustrate how I work through the story of a person who suffered through childhood and into adulthood with difficulties in concentrating that impaired her life. in their lives.

### **Julie**

Julie is now 45 yrs. old. When she came to me at age 42, I told her she had Attention Deficit Disorder (ADD). Her case is very interesting. She had always known something wasn't quite right about herself but never had a diagnosis. In Grapho-Therapy, the handwriting of people with ADD is characterized by a fast middle zone, sometimes with erratic slants on the letters and a high upper zone. The middle zone letters are o, a, bottom of the d etc. The upper zone includes the tops of the h, l, t, f, and the capitals. The lower zone includes the bottoms of g, f, p and y. (See Sample 1a. Julie's handwriting before Grapho-Therapy, in January, 2002.)

The right margin is too close to the edge of the paper, meaning they can over plan without the time available. In the Grapho-Therapy I also reduced the size of her writing, this helped her to have more concentration. By balancing her t-bars, equal on both sides, she is able to acquire more balance in her emotions.

I had Julie practice writing the letters, 'ely,' to help balance her zones: 'e' is for how well she is using her ears and listening; 'l' is for accepting new ideas, and the 'y' is for concentrating on completing the lower zone back up to the baseline. I like to call it the line of reality. This is important because the physical activities show below the baseline in the y, g, f, and p. The subconscious is also down in that zone, and if they don't complete back to the baseline, this may indicate that they may have issues they haven't dealt with that could be affecting their day to day life.

I also had her make sure she was dotting her i's. This is for helping with her memory.

### **Julie's report**

*Over the course of three years, I used Grapho-Therapy to help overcome ADD. Until I met Karen Weinberg, I was never able to understand why I had such trouble keeping focused on anything in my life. I felt so disjointed and disorganized even though I was immaculate about organizing my closet or files, I just couldn't keep on track of how to store facts in my brain. It was as if I was in a boat with one oar; drifting through life aimlessly. No matter how much I paddled, it was such a struggle I would often just give up. I had suspected that I might have ADD/ADHD, because I was impulsive and would jump so fast in my thinking that I couldn't articulate myself because of the speed my mind raced as well as my nervous nature. I talked so fast that I would stutter and trip over my words. I couldn't sit still for long periods. It took me twice as long to learn something than most people. I just couldn't focus long enough to get an in depth understanding or grasp an abstract concept. Math was totally a lost cause on me. I would block and get frustrated with an algebra problem and just quit. I felt like I must be really stupid.*

*Problem solving had been such a chore for me. My mind would go blank whenever I was under pressure, especially tests. I would make hasty decisions without thinking. I could not formulate a plan because I left out pieces, again without thinking through. Meditating was also an absolute struggle. Stilling my mind was so hard.*

*A few years back in the early days of the Coalition of Handwriting Analysts International (CHAI), I met Karen through a mutual friend. She was the one who told me I had ADD, just looking at my handwriting. At the time, my handwriting was medium to large with rightward slant. The sentence baselines were wavy, going up and down, often with the last letter of the line falling. Wide spaces between words. Missed i-dots. Narrow loops. Gee, no wonder my memory was so faulty. With i-dots far to the right and often dashed, I could see how I was having such a hard time keeping on track with anything. My frustration and short fuse showed here as well. My attention span was erratic and short. I would jump from topic to topic so fast. My t-bars were low, which reflected the amount of very low self confidence I had and felt. Self-sabotage was evident as well. No small wonder, since I didn't believe in myself or my accomplishments. I never felt I was good enough to be an expert in any field. I just didn't have the strength to study harder because it only confused and frustrated me more. There were often indications in my writing which so characterized my sense of loneliness and isolation. I felt no one could possibly understand my problem. It was hard not to be depressed.*

*When I had to write small in a small confined space on the paper, the middle zone would remain large. The writing didn't seem to flow, no matter how hard I tried. Middle zone letters were often open at the top, denoting my tendency to be chatty.*

*If that wasn't bad enough, two years ago, I had two car accidents within a one-year period where I suffered whiplash. My anxiety and lack of focus intensified to such a magnitude, I thought for sure I was going to lose my job if not my sanity. During that time I was struggling to complete my course work with Karen to get my certification in handwriting analysis. After studying Grapho-Therapy, I began to wonder how it could possibly help me personally. I was so tired of feeling overwhelmed and lost. I felt like a roller coaster. I wanted to make an impact in the world and help others. But first I had to help myself.*

*Karen started me off with keeping a personal journal. Each day, no matter how I felt, I just wrote anything that popped into my head. Using a ball point pen and writing on a single sheet of blank unlined paper, I wrote. That went on for about a month. We would study the progression of my handwriting as an exercise to improve my skills as an analyst. Then she had me write 'ely's, one of the exercises for doing Grapho-Therapy. The first few weeks I wrote with my right hand only; then with with my left hand. That was very challenging. Yet, I was determined to reduce my anxiety; learn to focus and bring success into my life. I persevered. I learned to write with my left hand years ago when I had surgery done on my right shoulder, so my left-handed writing was at least legible. My left-handed writing was characterized by very wide and flat topped upper loops.*

*Whenever my anxiety would start to interfere with my work or sleep, I was directed by Karen, to write figure 8's also. This definitely helped me calm down. When I was having trouble focusing, I was to practice yet another exercise. Draw with the right hand and don't lift the pen off the paper.*

*There were times during this period that I had to take a break from the Grapho-Therapy every few months. It was as if my brain needed a time out so I could absorb the new sensations in my mind and body. I'd get to a point where I couldn't absorb. I just needed to rest and do nothing.*

*Then the next Grapho-Therapy lesson was to cross my t-bars at the top and keep the bars balanced on either side of the stem. At first, my tendency was to make short t-bars. However, Karen insisted I cross the stem with a straight, medium bar. The t-bar had to be straight and level in order to promote creating success in my life. Gradually, my handwriting changed in size to medium with not so much unevenness in the zones.*

*After many weeks, I began to notice a mental change. I began to think more clearly. My emotions at first had bounced around, but gradually I noticed that I had fewer and fewer crying jags and anxiety attacks. The intensity of my anxiety attacks were dramatically reduced. I noticed my speech began to slow down. I began to notice I was more methodical in approaching problems. I took my time before I responded verbally. My body movements became less agitated and erratic. I could actually listen to what someone was saying and not try to interject. (See Sample 1b. Julie's handwriting after 5 years of Grapho-Therapy.)*

*Fast-forward a year. After moving to another state and establishing myself in a new job, I noticed yet again another big change. My handwriting had become much smaller! The letters were well formed and not too wide. The middle zone was smoother and much more even. The i-dots were closer to their stems and not dashed quite so often. The temper ticks I had had a year before had disappeared. The slant had changed to only a slight rightward leaning. For the first time, I felt comfortable and confident in my work. I didn't have such an intense fear of being found out about my problem. My learning curve went way up because my attention span had grown. I was able to hold on to facts and apply them in my work. When I didn't understand something, I could articulate my questions clearly. Most of all, I didn't feel the need to put in my two cents in conversations. I was content to just sit and listen, only occasionally commenting.*

*One night I meditated and, for the first time, I was able to quiet my mind; being empty and void of racing thoughts. This must be what nirvana is: complete and absolute peace.*

*I'm not perfect. I have moments where my ADD will act up and I lose my focus and struggle through a day. I have to keep up with my Grapho-Therapy because I noticed when I stop doing it for even a few weeks, my handwriting begins to deteriorate slowly, returning to larger size, and then my attention to detail suffers. Keeping up with such exercises is well worth it. I was not about to resort to medicating my body.*

*I find that I can center my mind through meditation. I do this when I need to make decisions. I worked my way through the process. I learned about myself as I went through Grapho-Therapy.*

*I realize I have been given tools to counter the effects of ADD. Because of the Grapho-Therapy training, I am better able to acknowledge those periods of disorganization more quickly. I recognize more often when I get into a funk. I can just stop what I'm doing and practice those simple writing exercises to calm or focus my mind. I can keep my anxiety levels down and almost out of sight and mind.*

*I no longer feel I have to justify my actions. I can stand up for myself and it's ok to be me. I feel empowered, confident, and most important, more focused on my goals. My journey through life has become much more enjoyable.*

### **Health indications in handwriting**

Handwriting is brain writing. Whatever the nervous system guides the hand to do is a reflection of the total beingness of the person who is writing. One can learn to interpret incredible details from handwriting in order to understand the nature of the person who provided the handwriting sample. If you are skeptical, read further – and remember, this specialty is accepted in courts of law.

Analyzing handwriting starts with an examination of the proportions and other details of letters distributed in the three zones in handwriting mentioned in the case of Julie. etc. etc. are detailed

We start by comparing the locations in the body with the handwriting. The top of your head is the location of the brain, thus, the top of the handwriting is where we see the brain. Moving down slightly on the left and right next is the ears, then the eyes etc. At the top of the middle zone letters is the location of the chest. Coming down on the left side is the lungs and the right side the heart. We move down the body until we come to the baseline of the o, a, e, etc. Now we have the ovaries and testes, where we can find female and male problems. The lower extremities are located in the lower parts of the letters of the f, g, y, etc. The bottom of these letters are bottoms of the feet.

Do you have an old injury? Check out that area of your handwriting, if there is pain that you are experiencing, you will see a dot in that area. Skeptics like to ask about the possibility of a blob of ink from the pen. The proof is that if this is a health indication it will appear in the same place in the letter throughout the sample of handwriting. Try and get an original sample when you are exploring this yourself. Buy yourself a good magnifying glass. We gather all the health indications in the handwriting to discover the real problem. Interesting isn't it?!

There are many more indicators for various general and specific problems, too many for this brief article. If you are interested, you can learn more from the resources listed at the end of this article.

In my career I have worked with many professionals in the psychiatric and psychological health fields. I can simply diagnose the problem and help to direct clients to the correct professional. My Grapho-Therapy can also help anyone who is stressed, having a problem with learning disabilities, or trouble coping in this world with whatever has happened to them. While Grapho-Therapy is not a cure all, enormous numbers of people have been helped through this technique. Here are several more examples:

## **Ann**

On Ann's sample of handwriting, examine with a magnifying glass the left side of the upper zone letters. (See Sample 2a. Ann's handwriting prior to Grapho-Therapy, June, 2004.) You will notice at the point of the check marks there is a heavy dot right at the top, and the stroke is much lighter. The stroke of the writing should have remained strong in pressure to the top. I had many samples of writing that Ann had previously written for me that I could use for comparison.

The Grapho-Therapy was suggested because Ann was so upset and anxiety filled that she couldn't function. So I began a course of Grapho-Therapy with her to calm her down so she could continue working.

Ann's MRI later showed the possibility of seizures brought on by a fungal infection in her brain

## **Ann's report**

*In the Spring of 2002, I noticed I was having memory problems. Little lapses were irritating, but not bad enough to cause me serious alarm. At that time, I was taking classes in handwriting analysis with Karen Weinberg. I had not mentioned to her my inability to focus and remember, however through careful analysis of my handwriting, she identified my memory challenges.*

*To help improve my memory, Karen had me do various Grapho-Therapy exercises. I was instructed to connect all my letters within words. Then focus on the i-dots making sure the dots were directly over the i stems. I had to practice crossing my t's with the t-bars kept balanced on both sides. In addition, I was to increase the height of the upper zone letters. Gradually, I noticed an improvement in my short-term memory.*

*In 2004, I was taking a handwriting class from Karen. I had sent a sample of my handwriting earlier because we often looked at my handwriting. She seemed quite concerned about what she had seen in my writing. Since I had known Karen for quite some time, I knew that she would not have mentioned anything unless she felt strongly that something was very wrong. I then related that my father had had surgery for a ruptured brain aneurysm and my grandfather had died at 45 of a brain aneurysm. Karen strongly suggested that I have an MRI done on my brain as soon as possible. I called my doctor that afternoon and made an appointment. When I told the doctor about Karen's findings, and my family history of brain aneurysms, the doctor scheduled an MRI. When the results came back I was told that I had possibly been having small seizures or strokes in my brain. The doctor immediately asked me what medications I was on. She decided that a drug called Wellbutrin might be the problem. She took me off of the drug. Six months later I had another MRI test and it showed that the brain abnormality had disappeared.*

*Before being diagnosed, I was so upset thinking I might have the beginnings of an aneurysm, Karen suggested Grapho-Therapy to calm me down. I was feeling anxious quite often and I really needed to stay calm to do my work. I was so worried, I could not focus on my job or function. Karen had me start again with keeping i-dots close to the i stems, and balanced t-bars. This helped to calm me down and focus. (See Sample 2b. Ann's handwriting after seven months of Grapho-Therapy, July, 2004.*

*Karen now monitors my writing on a regular basis. I trust her implicitly to let me know if she sees anything in the writing that would lead her to believe I should follow up with my doctor. I will be forever grateful to Karen for being there when I needed her and for her knowledge of Grapho-Therapy. I honestly believe that Grapho-Therapy may have saved my sanity.*

## **Peggy**

I did not know what Peggy's problems were when she came to me. I recognized she had brain injuries from her stammering and stumbling over words, needing to concentrate very hard in order to talk sensibly. She had no belief or trust that anyone could help her. We agreed she had nothing to lose by exploring Grapho-Therapy.

I concentrated on Peggy's ability to have memory and a sense of her here and now. As you can see from what she shares, Peggy had pretty much given up on herself when I found her in '05. Notice the shaking in the exercises I gave her. (See Sample 3a. Peggy's handwriting prior to Grapho-Therapy, May, 2005.) This handwriting example is worth getting your magnifying glasses out to examine more closely. I have sent this with a great enlargement program on the samples.

With this client notice the addition of the figure 8 exercise. it is for better connection between the brain and the hand. Try this yourself. That way you will have something to which to compare the clinical samples. I call to your attention the top of the l's and the distortion in the letters. I have no idea what you mean. We need to talk. that you observe. This is very indicative of damage to the brain. I had her write with her less dominant hand to access another area of the brain. I have found that this helps strengthen the behavior in the wounded quadrant of the client's brain. I have my clients write for me everyday and send it to me once a week. If anything negative is crawling into the client's behavior, I am there to identify it and to help them correct it.

I have included the first page of her testimonial in her own handwriting. Notice the differences.

## **Peggy's report**

Graphology and Karen Weinberg saved my life (desire to live / ability to live)!

In 1995, I became aware of why my son was born with a rare birth defect, and why my health was failing – drastically – in many areas (neurological, muscular, mental memory recall, asthma, skin – to name a few). Through the help of a Toxicologist, I learned I had been poisoned. Through investigation, the accidental poisoning was with a cattle delousing product, Dursban 44, which began sometime in 1979 and continued through 1995.

By the time I was diagnosed, the damage was severe – the poisoning actually altered my DNA Recovery was grim, with many years of medications, tests, lifestyle changes, etc. From 1995 through 1997, I was virtually house bound with confusion, unable to drive a car (couldn't figure out how to turn off with key), weakness (numb fingers and toes), Wolf Parkinson White syndrome (rapid beats of the heart with abnormal electrical activity, treated by destroying electrical connections in the heart), depression with suicidal thoughts, fatigue (slept day and night), breathing difficulties (asthma, treated with medications and oxygen), muscle atrophy, hysterectomy, and more.

I had access to the internet and had an interest in handwriting analysis. I purchased a certification course and was in the process of 'changing' my own handwriting – according to the certification course. I procrastinated about the completion of the certification course, yet decided to 'lift my self esteem' by raising the t-bar in my handwriting.

I was interested in other analyst's opinions about handwriting and pursued different courses, books, manuals and correspondence with several analysts. I was blessed and fortunate to have contacted Karen Weinberg. My initial contact was to inquire about an association called CHAI (Coalition of Handwriting Analysts International). In speaking with Karen on the phone, my medical situation became the topic. I told her about the certification course and my lack of ability to finish. She asked me to write to her.

She contacted me after looking at my handwriting, then requested me to do several things: first, to promise to daily do the work. She was going to use 'grapho-therapy' on me (my handwriting). What the heck?! It's only ink, paper, time and postage. I had nothing to lose. (Actually, I thought I had lost it all already.)

The first thing Karen recommended I do is bring my t-bar crossing back down on the stem of the t (my current t-bar was floating above the stem). Then I was to write daily the letters "ely" connected (script/cursive) as if one word, in lower case, on unlined paper, first with my right and then with my left hand, and mail these writings to Karen weekly. Good grief, I can't color within the lines. This seemed so silly. However, within a few weeks, my thinking changed – literally. I found myself able to 'think.'

During the course of a few weeks, Karen added more changes to my handwriting, placing the i-dot directly above the i-stem, my t-bar needed to be balanced – the same length on the left side of the stem as on the right side of the stem, my cursive letter f was changed so the top had a loop the same as the bottom loop, and my cursive y-loop tail needed to finish high past the line on a paper (the line of reality). While doing all of this 'ely' was still going on daily but now I had to write it smaller. This was probably the most difficult for me. There were other weekly things Karen had me do:

- Have a piece of unlined paper, pen, place pen on paper, look at an object in the room, then without looking at the pen / paper and without lifting the pen, I was to draw the object.
- Have a piece of unlined paper, pen and a mirror. With my non/less dominant hand – *only*, write cursive 'ely.' This was the breaking point - something happened mentally. Within days the cloud in my brain cleared. (See Sample 3b. Peggy's handwriting two years later, June, 2007.)

Wow! I finished the certification course, small potatoes compared to having my life back. I started driving, helped my husband with his cleaning business, managed 22 employees (training – work schedules – payroll), started my own handwriting business, became a Private Investigator and completed a 2 year course in Forensic Document Examination and was certified.

As time passes, there are days I start again with 'ely,' I check my 'i' dots, 'y' loops, 'f' loops and size of my handwriting. Because I have been writing for well over 45 years, old habits are hard to break – yet, the changes have not failed me. Medication and doctors have assisted in my recovery, however, I give my thanks to God for Karen. Without her knowledge of Grapho-Therapy, and my use of that knowledge – I would most likely be in a nursing facility with symptoms much like Alzheimer's.

Thank you Karen!

### **\*John**

John has had ADHD since he was in grade school. He is now 58. It is identified in the handwriting by very fast middle zone letters and a high upper zone. (See Sample 4a. John's handwriting before Grapho-Therapy - July, 2002. Notice how the letters in the middle zone are sometimes also very large.

John has made many improvements in his ADHD, practicing the Grapho-Therapy over several years. As he states, he doesn't always practice my assignments, but it still helps. (See Sample 4b. John's handwriting after five years of Grapho-Therapy – July 2007.)

Do you notice anything else unusual in this second sample of handwriting?



When he submitted his letter and handwriting I, unfortunately discovered he has a heart condition. Please observe the middle zone letters. The indications for the heart are located on the right side and near the top. The o's and a's are very distorted.

John went for an examination of his heart. At the time I am doing this article, I am still waiting to hear because his doctor only put him on medication for his high cholesterol and did not do further tests. I have saved many lives in my career. I hope John is in time, because he and his lady Sherry are very special friends of mine.

### ***John's report***

In writing about the Grapho-Therapy we have done, I can tell you that before being conscious of how to make my letters, things were scattered and with a lot of wasted activity. I was pretty befuddled and misdirected before being aware that making complete letters could narrow the scope of my train of thought to what's needed at the time. I definitely know that if I don't do the writing then activities at work and at home can become very unorganized and easily can make me look a little ridiculous. Practicing the writing can make me seem and be more focused and deliberate. I feel more together just from writing to you this morning. (See Sample 4b. John's. followup sample from July, 2007.)

### **My own story of recovery from brain injury**

I was 56 years old, a paramedical aesthetician, and owned and managed my own salon in Rowlette, Texas. A year earlier, my husband had been killed in a car accident.

On May 11, 1999 my entire life changed. It started with a horrible pain in my stomach that wouldn't go away. The ambulance rushed me to the hospital. I had surgery the next day and they removed sections of my small intestines and large bowel. The doctors informed me that when I had had surgery nearly 18 years prior, that surgeon made some mistakes on me. In 1999, this was my sixth abdominal surgery (including two Ceasarian sections, a kidney exploration, and a hysterectomy that injured my bowel).

I lost my salon and most of my possessions because I could no longer work and had exhausted all of my finances to pay for my medical bills. It was many years before I could live alone again. No one asked my permission to make me disabled! Many others who become brain impaired in one way or another certainly don't give their permission for what happens to them, either. I weighed 147 lbs when I was admitted to the hospital and in 21 days sank to under 100 lbs. On the 20th day in the hospital, I was temporarily blinded in my left eye. They took me down for an MRI and sent me home the very next day. I figure they just expected me to die. Twice, I nearly did die (once during the ten-hour emergency abdominal surgery, and once on my sixteenth day in intensive care unit when my wound was still open) and twice they brought me back from death.

During the ten-hour surgery, when I nearly died, I found myself in a special room with many men, women and children, with all my favorite foods there. There was a wonderful feeling in the room. Everyone there was waiting for something. I saw people exiting through the door, disappearing to somewhere. I then had the experience of being asked, "Do you want to join your Lord and Savior now, or go back and face a lot of suffering." I decided I wanted to return so I could see my (unborn) grandchildren.

On the 20<sup>th</sup> night, I was watching TV and suddenly went blind in my left eye. An emergency MRI was done but they did not tell me the results. They sent me home the next day. In my personal opinion, they were sick of me. I left that hospital with \$30 to my name. It was two years later when my friends told

me the enormity of my financial situation.

During my convalescence, my friends organized themselves so I would never be alone in my house. As soon as I got home the effects of my stroke hit me with a vengeance. I had five minutes of current memory but long term memory was not affected. However, no one could understand me because of my slurred speech. I immediately started to write to see what my handwriting looked like. It was pretty bad. I wish I could show you, but somehow that writing was lost. After I experienced the stroke and was at home, a horrible blue line appeared down the right side of my face, and a large lump appeared in the center of my forehead. I have no idea what this was.

One of my friends, LaJoyce, who was a retired nurse with over thirty years of experience, checked up on me. She took over my care and supervised my friends in whatever they could do to help me. Three months later, I was moved to her home because I started to have an irregular pulse and she was concerned for my welfare. I never saw a doctor for the next three years. She saved my life. Later, in early 2002, I was hospitalized for seizures in the aftermath of a migraine headache. (See a sample of my handwriting from that time in Sample 5a.)

In 2003, I was helping an older lady load her wheel chair into the back of a station wagon. I lost my balance and the chair slammed me to the pavement, splitting my head open. I was taken to the hospital and ended up with permanent vertigo.

That is a short background of what happened to me. During this entire time I did my own Grapho-Therapy on myself. Recall, I told you this stroke only took my immediate memory not my past memory. I had been doing Grapho-Therapy very successfully since 1993 on many clients.

In Grapho-Therapy there is an effort to reconnect or regrowth of synapses in the brain through the use of cursive handwriting and other exercises. I knew what I needed to do when LaJoyce first informed me I had had a stroke in 1999. Every day I then followed (and continue to this day to follow) my own Grapho-Therapy. I know that I must have synapses that have regrown or reconnected because my thinking is so much clearer and more focused. (See Sample 5b for current handwriting sample, which clearly shows much improvement in all zones.)

In 2004 I moved from Texas where I lived for 24 years to Albuquerque, New Mexico. I have leased a house, opened my center and for the first time in many years I am able to live alone. I teach and certify handwriting analysts, grapho-therapists, and Document Examiners all over the USA. I have worked with with the brain impaired patients Arnold Sadwin, MD, in New Jersey for the last year. Soon I will have a completed research project with him on Brain Impairment showing in exactly the same place in handwriting samples. I am President of Coalition of Handwriting Analysts International (CHAI), and teach our members every Tuesday night on teleconference. We put out a weekly digest for our CHAI members and I write a weekly column called Karen's Korner. I am able to consult on cases in document examination, Grapho-Therapy and many other types of cases.

I still never leave my house unescorted and haven't driven a car since 1999 when my life permanently changed. I get up in the morning to check and see what seems to be functioning in my body for that day and work with it. Some days I have more to work with than others. Life is full of surprises and I shall never stop learning, especially Grapho-Therapy, as it helps me and my clients so much. No matter what obstacles were placed in my path, I still enjoy my journey through life.

### **Working with a doctor to help his patients who have brain injuries**

I am a board certified neuropsychiatrist in private practice specializing in the diagnosis and treatment of patients with symptoms of post-concussion syndrome. I am also a volunteer Clinical Assistant Professor in Family Medicine at a local medical school.

I had a superficial interest in Grapho-Therapy for many years but did not take it seriously until last year when I learned about Karen Weinberg QDE via the internet. I told her of the common complaint of changes in the handwriting that was reported by most of the 6,000 post-concussion patients I had seen over the past 20 years. I was curious about exploring Grapho-Therapy to restore or improve their handwriting. Since September of 2006, Karen has been educating me by having me read selected texts and teaching via weekly phone sessions along with her invaluable course on her CD.

We began intensive video sessions between her group therapy patients and mine. I submitted samples of their handwriting and doodles. She would give them assignments to practice each week. We used controls and my patients' names were not disclosed; they all have identifying numbers assigned by me. Karen gave interpretations of their samples and recommended individual exercises.

So far, I have seen remarkable changes in some of the patients who diligently follow her recommendations. Sometimes, improvement in attitude and self confidence accompany better concentration and comprehension. We are currently working with nearly 40 patients and the group is increasing by about 2 per week. It is too early to fully appreciate the extent of benefits that may be realized, but we are gathering the information and hope to share it with other patients who are suffering from the effect of 'minor brain injuries' and with other caregivers who are treating people with these problems.

## In summary

Though this has yet to be proved with brain scans, I believe that by doing Grapho-Therapy on a daily basis, new or damaged synapses can be regrown in the brain. How can I dare say that? It happened to me!

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*For the professional eyes of Psychiatrists, Psychologists, Doctors and Scientists. This leads you through how much grapho-therapists have in common with health care professional by examining handwriting. It always amazes me how much we knew in 1922 and somehow lost! Includes chapters such as:*

*The physiological connection between hand and brain.*

*How the heart's action affects the handwriting.*

*How the numerous muscles of the body are brought into play in the act of writing.*

*How the nutrition of the body affects the handwriting.*

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