

HigherCx Case Study Research Description:

Exploring Integration and Coherence After Long-Term Stress States

Version 1.1 October 2024

Prepared by: Sara McRae, LMT

dba Zenbrio House LLC

Study Type: Mixed Methods Case Study

Duration: Approximately 12 months

Sample Size: 20 participants

Study Overview for Participants

This study invites individuals experiencing long COVID or similar symptoms of fatigue, stress, or slowed recovery to participate in a holistic, non-medical process called HigherCx.

HigherCx supports the body's natural capacity for healing through awareness, movement, and gentle energy balancing techniques. Participants are guided through three or more sessions that explore how the nervous system and energy system can return to balance and sustain positive change.

The study's purpose is to better understand how this process impacts overall wellbeing, energy, and integration and the ability to feel, move, and function with greater ease. Participation is voluntary and includes surveys, guided sessions, and a final interview to share your experience.

This project is an independent, non-medical, exploratory case study. It is not a clinical or FDA-approved medical trial and does not diagnose, prescribe, or claim to treat any medical or mental-health condition. Participation does not replace medical care, and no medical outcomes are measured or claimed. All information is intended for educational and professional reference only.

Introduction

This case study explores the effects of HigherCx, a client-centered process designed to support recovery from "The Void," a state characterized by depleted life force energy and reduced capacity to integrate positive changes.

The purpose of this study is to document and evaluate how participants' overall wellbeing, energy, mobility, and integration capacity change following a series of HigherCx sessions. The study also seeks to explore how the process may restore coherence in the nervous system and enhance the body's natural capacity for healing and regulation.

This study does not seek to evaluate medical outcomes but rather to observe experiential and energetic patterns of change associated with the HigherCx process.

Background and Rationale

Following the COVID-19 pandemic, many individuals have experienced ongoing exhaustion, cognitive fatigue, emotional blunting, and difficulty sustaining progress despite various wellness or supportive approaches. This pattern, referred to as *The Void*, reflects a prolonged stress or threat response that limits the body's ability to integrate positive change.

HigherCx was developed to address this integration barrier through a holistic, somatic, and awareness-based approach that honors both the energetic and physiological dimensions of healing. It combines elements of Energy Kinesiology, movement, trauma-informed care, and client education within a self-responsibility model.

This study aims to provide insight into how HigherCx may help participants move from a chronic threat state toward restored balance, coherence, and capacity to integrate healing experiences.

Purpose and Objectives

Primary Objective

- To observe and document how participants experience shifts in integration, coherence, and life-force energy as they move out of the Void state.

Secondary Objectives

- To document qualitative and quantitative improvements in energy, vitality, emotional range, and movement coordination.
- To empower participants through self-awareness, education, and self-care tools.

- To contribute to the evidence base for non-diagnostic, holistic approaches to health and wellbeing.
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About HigherCx

HigherCx is a multi-step holistic process that uses muscle testing as biofeedback to identify and address nervous system stress patterns, trauma-related stress states, and energetic imbalances. Each participant's process follows an individualized order determined through biofeedback. The goal is to help participants cultivate internal coherence, balance, and the capacity to integrate change.

The process draws upon the principles of Energy Kinesiology, integrating touch reflexes, movement, awareness, and self-responsibility. Rather than diagnosing or treating medical conditions, HigherCx facilitates awareness, regulation, and self-integration.

HigherCx is an educational and wellness-based process that aligns with the Oregon scope of practice for bodywork and energy kinesiology. It does not diagnose or treat medical or mental health conditions. Instead, it supports participants in developing awareness, regulation, and balance through gentle, non-invasive methods such as acupressure, light touch, and guided movement.

Key Concepts and Definitions

The Void

A state of decreased life force energy and diminished capacity to integrate positive change. Common experiences may include fatigue, slowed progress in wellbeing, muted emotional range, loss of motivation, and lack of improvement despite effort or therapy. In this state, participants may experience temporary benefits from interventions that fail to “hold” over time. The Void represents a temporary state of energetic disconnection rather than a permanent condition.

Stress State

A foundational imbalance in the nervous system or energy system related to unresolved stress or trauma. HigherCx identifies and balances multiple stress states to help restore regulation and resilience.

Integration

The process by which the body-mind incorporates positive changes into daily life, activating healing, learning, and new capacity. True integration involves restoring choice, safety, and coherence in the nervous system.

Integration Value

A numerical value (0–100) derived through biofeedback that reflects how well a participant is integrating positive change. Higher values indicate greater coherence and capacity to sustain improvements.

Integration Threshold

A benchmark on the integration scale (typically at 51/100) indicating that the participant has shifted out of the Void and into a state where healing and progress may stabilize. Participants often report noticeable improvements once this threshold is reached.

Integration Failure

When temporary improvements revert or disappear, suggesting that the nervous system has not yet stabilized or assimilated the change.

Brain–Body Integration

A key component of HigherCx involving techniques that harmonize hemispheric communication, balance yin and yang energies, and restore coordination between cognitive and physical systems.

Self-Responsibility Model

The Self-Responsibility Model used in HigherCx emphasizes that participants remain the active agents in their own process. Rather than being “treated,” individuals are guided to notice their internal responses, give ongoing consent, and engage in awareness practices that support self-regulation and personal empowerment.

Facilitator

The term *facilitator* refers to a practitioner trained in HigherCx who supports participants through awareness, movement, and energy-balancing techniques. Facilitators do not diagnose, prescribe, or treat medical conditions. Their role is to create a safe, collaborative environment for self-discovery, regulation, and integration.

Life Force Energy

Life Force Energy refers to the vital animating energy that sustains all physiological, emotional, and energetic processes in the body. In HigherCx, it represents the natural flow of vitality and coherence that becomes restricted during prolonged stress or trauma and is restored as integration improves.

Energy Kinesiology Overview

Energy Kinesiology is a non-invasive, holistic approach that combines principles of Traditional Chinese Medicine, muscle testing, and gentle touch to support energy flow, self-awareness, and whole-person balance.

Core Elements

- **Muscle Testing (Monitoring):** Used as biofeedback to identify energetic or neurological stress.
- **Meridian Balancing:** Techniques may include gently holding neurovascular reflex points, or holding acupressure points traditionally associated with specific meridians, to encourage balanced energy flow.
- **Movement and Cross-Crawl Variations:** Simple cross-lateral movements, adjusted to each participant's ability, that integrate right- and left-brain communication and support regulation, proprioception and coordination.
- **Emotional Processing and Awareness:** Guided internal reflection helps participants notice internal sensations and emotional shifts through reflection.
- **Emotional Stress Release (ESR):** Lightly holding the frontal eminences on the forehead to support calm awareness and release of emotional stress.

HigherCx builds upon these principles with an emphasis on self-responsibility, education, and trauma-informed facilitation. Each balance is guided by biofeedback and adapted to the individual's comfort, ensuring that all methods remain gentle, educational, and within the participant's active control.

Study Design

Type: Mixed Methods Case Study

Duration: 12 months

Participants: 20 individuals

Sessions: Three (3) or more HigherCx sessions spaced at least one week apart

Session Length: 120 minutes

Participant Selection

Inclusion Criteria

- Adults (18 years and older)
- Diagnosis of Long COVID
- Presence of at least three (3) symptoms consistent with the Void state

Recruitment

Participants will be recruited through referrals, word-of-mouth, or community connections with existing Long COVID support networks.

Participation is voluntary, and individuals may withdraw at any time without consequence.

Participants do not need prior experience with bodywork or energy modalities.

Methodology

Each participant will engage in three or more HigherCx sessions following an individualized sequence based on muscle testing biofeedback.

Sessions are conducted in a calm, private setting designed to support comfort and minimize sensory overstimulation.

Session Components

- Initial conversation regarding health history
- Pre-assessment using muscle testing and self-evaluation
- Addressing identified stress responses through awareness, movement, touch reflexes, and acupressure to encourage regulation and integration.
- Participant reflection and discussion
- Post-assessment and integration evaluation

Participants will also complete intake forms and self-evaluations after sessions. A final qualitative interview is conducted within six weeks of the last session to capture each participant's overall experience.

Data Collection

Quantitative

- Pre- and post-study self-assessments of wellbeing and fatigue
- Biofeedback integration values
- Optional physiological indicators (e.g., breath hold test)

Qualitative

- Semi-structured interviews following the final session
- Practitioner observations and session notes

Data will be coded and analyzed thematically and statistically to identify trends in integration, energy, and wellbeing.

Ethical Considerations

This study follows high ethical standards to ensure participant safety, dignity, and autonomy. Participation is entirely voluntary, and all individuals are free to withdraw at any time without consequence. The study design uses gentle, non-invasive methods and aims to minimize risk while supporting participant wellbeing.

Throughout each HigherCx session, participants are invited to remain active in their own process by giving permission before touch, movement, or next step. Facilitators ask consent-based questions, encourage participants to pause or take breaks as needed, and check in regularly about comfort and internal responses. This ongoing dialogue ensures that each participant remains in choice and maintains self-agency at every stage.

Participants are informed of the study's purpose and confidentiality practices before providing written consent. All data are kept confidential, de-identified, and stored securely. Recruitment and participation are inclusive and equitable, with respect for each individual's wellbeing and choice throughout the study.

Potential Benefits

Participants may experience:

- Improved energy and vitality
- Enhanced movement and coordination
- Greater emotional range and resilience
- Increased awareness and sense of self-agency

While no outcomes are guaranteed, participants often report feeling more balanced, centered, and capable of sustaining positive change.

Funding and Resources

This study is independently conducted and funded by Sara McRae under Zenbrio House LLC.

All costs associated with the facilitation of HigherCx sessions, data collection, analysis, and reporting are covered by Zenbrio House.

Collaborators or research assistants (such as the independent qualitative researcher) may contribute time or expertise voluntarily or under separate agreements, but no external institutional funding or sponsorship is involved at this stage.

The study may later inform future collaborative research or grant applications, but the current project is solely under Zenbrio House's direction and financial responsibility.

Data Ownership and Publications

All data generated through this study are the exclusive property of Zenbrio House LLC and Sara McRae as the creator and principal investigator.

Data will be securely stored, de-identified, and used only for the purposes of this research and its related educational or professional publications. Any collaborators involved in data collection or analysis will operate under confidentiality agreements ensuring participant privacy and intellectual property protection.

Sara McRae retains full rights to use the findings for publication, teaching, professional presentations, or future research development. No other individual or entity may reproduce, publish, or distribute the study materials or data without written permission from Zenbrio House LLC.

Limitations

As a small exploratory case study, this project is exploratory in nature and does not seek to establish cause-and-effect outcomes. Findings will represent individual experiences within the context of HigherCx facilitation. The small sample size and individualized nature of each session mean results will not be generalized to the wider population. Data are intended to illustrate patterns, insights, and participant-reported experiences that may inform future research design. Future studies involving larger participant groups, control comparisons, or quantitative physiological measures could help validate and expand upon the trends observed in this project.

Intellectual Property

HigherCx is the proprietary method developed by Sara McRae. All rights to training materials, methodology, and future derivative works remain with the creator. Collaborators will have permission to reference and describe the method as part of this study but not to teach or reproduce the system outside of formal agreements.

Future Directions

Future development may include practitioner certification, additional research studies, and public self-care programs derived from HigherCx. Data from this case study will inform training programs and potential expansion within healthcare settings.

The long-term goal is to integrate HigherCx into multidisciplinary models of care, bridging energy-based and conventional healthcare approaches to support whole-person recovery and resilience.

Findings from this case study will inform future collaborations with hospitals and integrative healthcare programs. Zenbrio House intends to build upon this pilot by

designing larger, grant-supported studies exploring the measurable impacts of HigherCx on regulation, resilience, and integration within diverse populations.

Findings will also inform facilitator training standards to ensure consistent application of the HigherCx method in future research and practice.

Contact

Principal Investigator:

Sara McRae, LMT,
Zenbrio House LLC

Collaborator: Ana Lara, Researcher