

Balancing the Senses

by Grethe Fremming and Rolf Hausbøl

Danish School Kinesiology
Tranevej 16, 2400 Copenhagen NV, Denmark, 38332670

The average person functions very well physically and emotionally. When it comes to the thinking process, we could do much better. Most of us are doing pretty well in coping with other people. We are a kind of tape-recorder, and when we say something "intelligent", we almost believe that we are intelligent. But most of the time we are just repeating what other people have written or said. How long ago was it that you had a "really good" idea — and did you manifest it? Think of Einstein, Niels Bohr, and others.

It is through the senses that we can expand our integration and thereby our consciousness, building up a thought process connecting cause and effect in our lives that will help us to focus all our energies on our life purpose.

Each of the 5 senses has a definite connection with one or another of the various parts of our personality and also has a correspondence to all parts of our personality:

Hearing is connected to the physical part of the personality.

Touch/feeling is connected to the emotional part.

Sight is connected to the mental part.

Taste is connected to the intuition.

Smell is connected to the clear knowledge we sometimes are touching.

So the senses work on other levels than the physical. For instance we talk about "our 6th sense" and express thereby an inner knowledge connected to a higher level than the actual physical level. When we develop our senses in all parts of our personality, we will be able to remember much better and to integrate all data and relate them to what we are doing. We will get brilliant ideas more than one time in our lives.

The energy plexuses are extensions of the senses. The relationship of the energy

plexuses to the senses is complementary to the relationship of energy plexuses to the ductless glands. The senses provide the energy to make the glands function, and the energy plexuses are affected and influenced by the senses. In this way we can understand that the senses control and condition all parts of our personality.

The contact points between the personality and the world are the senses, which are connected via the network of energy in the electromagnetic body.

Different life experiences make us "close" for one or more of the senses to a certain degree. This may at a time be necessary for survival, but at a later stage it becomes a hindrance for the person who cannot do what he wants to.

The test for the sense integration helps us to identify why we have limitations, and the "balance" involves a conscious choice of "opening up" for the sense again. It is a very profound balance which often includes an immediate physical effect in the spine helping the nervous system to function better.

Test for Sense Integration

1. Clearing.
2. Goal — pre-tests — permission.
3. Handmode: folded hands. Test on the wrists, IM -
4. Identify which sense is "blocked" by:

raising both thumbs for	hearing
raising both indexfingers	touch
raising both middlefingers	sight
raising both ringfingers	taste
raising both little fingers	smell

The sense related to the fingers changing IM to + is the one which is restricted.

Touch For Health International Journal, 1991

Pause-lock the strong IM (Find priority if more).

5. Verbal test to find the situation/experience which made the person partly closed for that sense and relate it to his goal.
6. Challenge the spine. Usually two spots will test weak. (If more prioritize).
7. Permission.
8. Correction.

Person is lying face down with folded hands and the relevant fingers raised. Testor touches the two points on the spine and ask the person to open up for the sense.

9. Re-test the points on the spine, the statements from step 5, and the other senses by raising the other fingers. Cancel pause-lock. Re-test handmode.
10. Post-test
11. Test for homeplay.