

Homolateral Muscle Repatterning

by Mary-Lynn Buan

This technique was one of the original corrections used by Dr. Paul Dennison who is the founder of Educational Kinesiology. It is based on this premise that both the brain and body need to work in harmony together. It is easy to realize that all of our muscles should be receiving instructions from both the right and left hemispheres of the brain. When this is not happening, and instead, our muscles are receiving messages from only one hemisphere of the brain, we call these homolateral muscles. Since each muscle we are testing has a relationship to not only a particular meridian but to a specific organ or gland, over time it can create an imbalance in the system. These imbalances may possibly result in a variety of symptoms such as tension headaches, shoulder pain, 'ringing' in the ears and an inability to release stress appropriately, to name just a few. People who fall into the category of having addictive type personalities, such as chronic smokers, for example or persons suffering from respiratory problems, may be among the types of people who could greatly benefit from the Homolateral Muscle Correction procedure.

Balance and integration of the brain and body is the desired state when doing all Kinesiology work. Therefore, it's both a very useful procedure to know as well as a powerful correction procedure when it comes up in our regular balancing with clients. Add it to your menu and don't be surprised if it comes up frequently!

Procedure:

1. Have a person lie on a massage table and cross crawl for ten to twenty repetitions.
2. Test all fourteen Touch for Health muscles. (These May be homolateral but all homolateral muscles will be weak.)
3. Have person homolateral crawl (lift up one arm and leg on one side of body only and then the other side in marching type fashion) for ten to twenty repetitions.
4. Again test all fourteen Touch for Health muscles and note any muscles that were previously weak that are now strong. (Any muscle that was weak for cross crawl and

strong for homolateral crawl is a homolateral muscle.)

5. Muscle Test: "This system needs to repattern looking up to the left"? (This is the most common direction.) If you receive a stress response or "no", repeat the question only with the eyes up to the right).
6. Have person proceed to cross crawl while making the sound of a monotone hum as they focus their eyes on a fixed point to the left (or right) as indicated above.
7. Test all previous homolateral muscles — they should now be strong. (If not, have person do more cross crawls looking up to desired direction and repeat testing of homolateral muscles.)
8. Have person now do the homolateral crawl looking down in the opposite direction to above and counting as they lift first right and then the left side of their body. (To the right is the most common direction.)
9. Test all previous homolateral muscles — they should now be weak. (If not have them do more homolateral crawls.)
10. Have person hold their palms of their hands out to the side, imagining the left hemisphere in one hand and the right hemisphere in the other hand and bring them together, intertwining their fingers.
11. Have person cross crawl again, this time looking around in all directions (or have them follow as you move your hand in a circle format).
12. Test all previous homolateral muscles or as many Touch for Health muscles as you feel appropriate. They should all be strong.
13. Have person homolateral crawl, this time looking in all directions (or have them follow your hand in a circle format.).
14. Test all homolateral muscles or as many Touch for Health muscles as appropriate. They should now be weak.

15. Have person look at a picture of an "X" as they repeat cross crawl for a few repetitions.
16. Have them walk around and experience this new integrated state of being. Encourage them to practice cross crawling at home any time they feel a need to return to an integrated state.

Note: If you have the training and/or the imagination, be creative and use this correction in any number of ways. It can be used as a correction on its own or as a part of a full Balance using finger modes, in the present or past time. The fourteen muscles can also surrogate for any other muscles in the body that could be 1!

