

Incorporating Aromatics into a Kinesiology Base

by Anne Hall

Abstract

Incorporating aromatics of pure essential oils into a kinesiology base for the purpose of stimulating innate healing forces on all levels of being in a simultaneous manner.

Introduction

I have been using Three In One Concepts, Touch For Health, and PKP techniques with my clients and have gradually added other dimensions to my work. I studied with Jessica Bear and began using more Flower Essences with great success.

Aromatherapy information kept coming to me but due to the cost of the Pure Essential Oils (PEO), I did not incorporate them into my work at first. I did start charting and cross referencing essences and oils. I soon became aware that very few plants give up their therapeutic value in both essence and oil forms. Muscle testing (MT) and further reading confirmed that oils and essences work on different dimensions and with caution they could be used together.

Essences and Essential Oils hold the presence of the unique personality of the plant from which they have been extracted. Each individual plant has resolved its conflict and endured the evolutionary process to be able to survive the environment in which it has chosen to grow. The Essences and the Oils carry these lessons in their genetic blue print like we do. By incorporating them as tools into our work, we are privilege to their message and instructions.

Flower Essence is the spirit vibration imprinted into spring water and preserved with a touch of brandy. They work on a very high vibration of "spirit electricity".

Essential Oils are carefully extracted from various parts of a plant and vibrate magnetically, on lower levels of density and are especially effective on the Astral bridge or the physical/etherical interface of energy.

I started investing in Pure Essential Oils (PEO), as I continued my research, I discovered various oils that pertained to the 14 meridians and the emotions of the Behavioral Barometer but when used individually they were incomplete.

Further testing gave the specific combinations and blends that have been effective on a consistent basis.

The synergy gives each blend a job description of it's own, separate from it's individual parts. The interaction of particular essential oils upon each other give a vibrancy and dynamism to the whole which can not be achieved by using a single component on its own. My interpretation and experience is that the combination creates an electro-magnetic polarity working in harmony with one's own essence which encourages the innate healing force on all levels of the being.

We tested the aroma of Essential Oils for Emotional, NV, NL, Alarm points, organ and muscle balance.

Background

Several of the essential oils are adaptogens (act as natural balancers), and affect the autonomic nervous system, endocrine system and blood pressure among other reactions on a physical level.

The chemical composition of the individual oil is unique to their growing condition.

One of the components in a particular group is terpineol, formed from acetyl-coenzyme A. In the human body this is crucial in the production of hormones, vitamins and energy. Most chemical products and medicines have had the terepene alcohol removed from the plant substance in their product because of toxicity and reactions in a small number of the general public. Keep in mind that most medication is ingested and reacts with digestive fluid in the stomach first.

Due to the dextrorotatory and lavorotatory (clockwise and counterclockwise) characteristics, Essential oils can play an important part in the body's electro-magnetic fields to stimulate the natural healing process.

Inhalation of specific blends bring oxygen and nutrients to the tissues, assist efficient disposal of carbon dioxide and other waste products, increase blood flow, strengthen the immune system and stimulate all parts of the brain. They pass out of the body in a natural way through exhalation, the skin surface or through the digestive system. As far as is known now they leave no toxins behind, as many drugs do, to create another reaction. Healthy people of a normal weight will usually expel the oils in a matter of three to six hours while an obese or unhealthy person may require up to fourteen hours.

The olfactory system directly affects the hypothalamus. This not only gives the body direction of the chemical formulas to release for the job that each cell has to perform in the moment but it is also the fear center of the emotions. Remember that the sense of smell is one of the most powerful in the survival mode.

Breathing exercises are incorporated into my system and also show a consistent pattern. The left nostril goes to the left brain and the right nostril goes to the right brain. This is the only function that I have heard of that does not cross over from one side of the body to the other side in the brain.

Testing

I use kinesiology and the aromatic formulas to release deep issues of lost will, denial and self judgment. The void around "Lost Will" holds a stagnant energy of guilt, anger, fear, powerlessness, and non acceptance.

The call for an Aromatic comes up for me in Emotional MiniMode 12 C with the little finger touching.

The test that follows on the next page is an abbreviated form of one I use in private sessions and my workshops on Essences & Aromatics. (*If aromas are not available, just use the breathing method suggested.*) Add the methods you would normally use from your experience.

Summary

Please note that I did include a list of oils. I suggest that you study from the list below, carefully choose your stock, combinations and method of application or obtain your formulated material from a reliable source. Caution and knowledge is required when working with PEO's in liquid form or in direct contact with the skin. Each human being brings his own chemistry to

the mixture and skin reaction is always a possibility. Kinesiology helps give a safe atmosphere for working with this powerful tool but we still have to be cautious unless licensed to prescribe.

A diffuser in the room with a client is a wonderful way to experience the oils but is not convenient when you are working on a schedule. The atmosphere is still impregnated when the next client arrives. Trial, error and wasted oils helped me develop a method of use that is sanitary, safe and less costly for private sessions and kits for students. I use pulp strips and pine paddles that have been imprinted with the blends for them to inhale. This also gives the client an additional "take away" support for their integration time.

If you have an interest in incorporating PEO's into your work, please feel free to contact me with questions or for help in any way. Balances Skill & Support Center, 2800 Accomac, St.Louis, MO 63104, ph. (314) 776-6103

Recommended Reading List:

IASK Journal, Fourth Conference, articles on p18 (Jessica Bear), p20 (Mac Pompeius Wolontis), and p21 (Matthais Lesch)

Jessica Bear's books on Bach Remedies (702) 598-0727

Aromatherapy Workbook, Marcel Lavabre

The Complete Book Of Essential Oils, Valerie Worwood

Vibrational Healing, Gerber,MD

The Body Electric, Becker,MD & Seldon

Flower Essences and Vibrational Healing, Gurudas

Aromatherapy Book, Jeanne Rose

Herbs & Things, Jeanne Rose

Any Aromatherapy information written by Robert Tisserand or Christine Wildwood

Sources for Oils:

Cheryl's Herbs, 11953 Meadow Run Ct., Maryland Hts, Mo 63043 (1-800-231-5971)

Quality Of Life Associates, 4 Field Rd., Arlington, MA.,02174 (1-800-688-8343)

Young Living or Essentially Yours, Yvette Eastman, 2342 Clarke St., Port Moody, BC, V3H 1Y8 Canada (604-936-3227)

Sources for 14 Meridian or Behavioral Barometer Aromatic Kits:

Balances Skill & Support Center, 2800 Accomac, St. Louis, MO. 63104, ph (314-776-6103)

JUDGMENT RELEASE ON AN ASTRAL LEVEL

A. Preliminary Clearing

1. Select a comfortable muscle. (*Consider Anterior Deltoid*)
2. Hydration (*Tug hair and test. If the muscle weakens, drink water.*)
3. Central meridian (*Zip up, down, up while testing. If the muscle does not give clear signals, have the testee breathe in through the nostrils and exhale through the mouth three times while you hold the ESR point. I use the scent of the central/governing formula or select a Flower Essence Remedy at this time to clear the Chakras.*)
4. Permission: "Is it appropriate to work with this person at this time?" (*If no, make sure that the tester is also clear. May also need aroma or Essence. Retest. If still no, do not continue.*)
5. "Do we have permission to go to the astral level?" ____ (*If no, ask permission to test on a mental level.*)

B. Finding the priority issue

1. Using the chosen muscle, test around the wheel until the indicator changes (*or the muscle goes weak*)
2. Test the pair indicated to find the weak muscle. (*Example: Stomach/Spleen, spleen could be weak on the right side.*)
3. Discuss the emotional wording or have the testee think about the issue while supporting with ESR. (*I find that with aroma, the wording is slightly different so this is the wording that I am using below.*)
4. MT % NEC ____ (*negative emotional charge on issue*)
5. MT % Willingness to be responsible for positive change ____

C. Releasing Self Judgement or Denied Will

1. Have the testee make a self forgiveness statement using the appropriate wording. (*examples on next page*)
2. Have the testee experience the range of motion of the muscle that tested weak (*in this case, Latissimus Dorsi/Spleen*) bilaterally (*both sides*) while experiencing the aroma. (*It goes like this: show them the movement expected, have them inhale the aromatic through the nose, do the range of motion, exhale through the mouth and relax. They need to repeat this three times.*)
3. Retest the weak muscle (*Latissimus Dorsi/Spleen on the right*) to see if it has strengthened. (*If not, have them repeat the statement while you apply ESR.*)

D. Restructuring the Attitude

1. Have the testee make the positive statement, inhale the aroma (*or use the breath technique*), and move the bilateral muscles of the paired meridian. (*In our example it would be Pectoralis Major Clavicular/Stomach.*) (*Repeat three times.*)
2. MT % NEC ____ (*Should be at 0%. If not, repeat step #C 2, then retest*)
3. % Willingness to benefit from positive change ____ (*should be 100%, if not repeat step #D 1 until clear.*)
4. Collect your hug!

EXAMPLES OF DENIAL AND RESTRUCTURED STATEMENTS:

I forgive myself for believing for so long that.....

Central & Governing (Respect/ Truth)

I am not worthy of respect and have no right to speak my truth.

- * I respect myself equally with others and others will respect my truth!

Stomach & Spleen (Empathy/ Doubt)

I need to experience the emotional energy of others to not doubt their sincerity.

- * I can empathize with others and not doubt the quality of their emotions toward me!

Heart & Small Intestine (Assimilation/Anger)

I need to allow anger to consume my thoughts and actions.

- * I honor my anger as a positive motivation to problem solving!

Bladder & Kidney (Fear/ Courage)

I need to see the fear in everything and let it come before all thought or action.

- * I have the courage to face all of life's lessons!

Pericardium & Triple Heater (Remorse/ Hope)

I need to constantly reproach myself and hope is an unrealistic emotion.

- * I have the faith and self confidence to anticipate positive outcomes for my efforts!

Gall Bladder & Liver (Anger/ Choice)

That anger is the only emotion I can choose to allow self expression.

- * I have many choices and holding anger is not in my best interests!

Lung & Large Intestine (Grief/ Pride)

I need to display a false pride to cover times of trials and tribulation.

- * I have the self esteem to express sorrowful emotions with dignity.