

How to Do Psychological Corrections

by Jimmy Scott, Ph.D.

Abstract

Although the origins of kinesiology are rooted in working on the physical body, in Health Kinesiology the psychological realm is where most energy corrections take place. HK's development of psychological techniques began before 1980. This elaboration took the shape of Psychological Structures, now including some nineteen different forms. We can muscle test while the person thinks about any given topic (we always meridian energy balance a person before any testing). A weakened muscle indicates the person is stressed by that thought. We do not need to know what the person thinks about. We call this Personal Stress Reduction. A variation on this is to utilize a list of common psychological stressors as a check list, testing each in turn. However, in HK we have procedures which allow us to determine what is the most important item (of any type) for the person, even though they may not be consciously aware of the item. We literally build the item, word by word, using the system of structures as a guide. We also use extensive lists of words, each of which has occurred in a correction for someone. This technique is demonstrated.

We also utilize *Life Transformers*© in place of corrections, for corrections, and as an adjunct to corrections. Life Transformers are gemstones which have been specially modified to gently produce balanced energy patterns, mostly of a psychological nature. These are also demonstrated.

Several appendices provide additional details on meridian energy balancing, Personal Stress Reduction (PSR), psychological item structures, and Life Transformers.

The first step when doing any sort of correction, psychological or not, is to meridian energy balance – both the person being tested and the testor. The HK method of accomplishing this is shown in Appendix 1. Unless this is done certain errors may occur which can considerably reduce the effectiveness of the testing process.

In HK various factors are utilized, the psychological factor being but one of them. In effect we ask the body which factor is to be worked with next. If psychological is the answer our next step is to ask which psychological structure is to be used.

Knowing the structure of the item considerably reduces the number of questions required to narrow the range of possible topics from the entire range of human experience to a few specific words. For example, suppose we balance the client and the Psychological Factor comes up as priority. We determine "which structure?" by running down the list and asking "Is it this structure?" about each one in turn until we get a "yes" response. Suppose the structure turns out to be "Common gerund, different topic." We know immediately that the first word of the

item is a gerund (a verb ending with 'ing'). By further questioning, along with our "HK List of Gerunds" which have appeared in items with other people, we can determine in a few seconds that first word. Suppose that gerund happens to be "understanding." Through discussion with the client, further questions, and with our "HK Words List" we can again, in a few moments, usually, determine the topic of understanding. In this case, suppose that topic is "myself". So the complete item is "understanding myself." The correction is accomplished by having the person think these words (of course we always demonstrate that the muscle tests weak to confirm that this item is indeed stressful) while we do the appropriate reflex points. These points are determined exactly the same way as when originally meridian energy balancing the person.

Another way to understand this correction process is to think of balancing the person's meridian energies. Stress the person (with anything, psychological or not), determine how the meridians were disturbed, and then rebalance the person as before, but with the stressor active. Thus we end up with the person being meridian

energy balanced in the face of what before was the stressor and therefore not stressed any more. We then repeat the process with the next item, and so on.

Life Transformers™ are specially modified gemstones. Their natural energies are enhanced and modified to produce energy patterns for specific purposes. For example there are Life Transformers for "Improving Intellectual Functions," "Relating to my children", "Grief," and "Getting Unstuck," among others.

There are several ways to use Life Transformers. The first is simply to wear it, in the proper location. Suppose you were feeling stuck in your life. Muscle testing confirms that you are indeed stressed by thinking of being stuck. Place the Life Transformer for "Getting Unstuck" on the body and retest. You will now test strong. Remove the Life Transformer and you will again test weak! If you wear the Life Transformer over a period of a few weeks or months your energy will change and you will no longer weaken to being stuck in your life, with or without the Life Transformer. You are no longer stressed by the idea of being stuck in your life and now you can begin to make the changes to get your life moving again.

Do you want to speed things up? Then you test to determine which energy circuits are disturbed by thinking of being unstuck. Place the Life Transformer on your body while doing those reflex points (just as in balancing). Now, without the Life Transformer in place, retest the idea that

you are stuck in your life. The muscle will be strong, the stress is gone, and behavioral changes can begin to take place immediately.

Any time a psychological correction is done, the behavioral changes can lag behind the energy changes by as much as a few months. If you do the correction with the Life Transformer and also wear the same Life Transformer, the behavioral changes take place considerably faster.

Health Kinesiology is extraordinarily broad in scope, ranging from allergies and nutrition, body work, electromagnetic corrections within the body, and environmental energies (Geobiology) to dreams, subtle energies, and spirituality. Yet, the Psychological Factor is by far the most used category in our work. Our work in this area is highly developed, and requires some 20 workshop days to cover the basics. However, even though that is such a small time, we do learn how to effectively cope with the incredible range of human psychological experience using deceptively simple HK techniques.

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Appendix I

Balancing the Meridian System

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Abstract: A method is presented which will always succeed in thoroughly balancing the meridian energies in only a few moments. This is not a shortcut method.

One of the fundamental skills in Kinesiology is balancing the energy in the meridian system. It is surprising, therefore, how often this process is not clearly understood or applied. It is easy to demonstrate that unless the meridian system is energy balanced then one cannot be certain that any other muscle testing is valid. With the meridians energy balanced all muscles are generally strong, all meridian under- and over-energies are gone (even though the level of energy may not be optimum), there is no energy switching or reversal, and several other phenomena disappear. With the HK meridian energy balancing procedure all this is usually achieved in less than one minute. Although HK was a pioneer in asking verbal questions of the body, the process described here relies solely on reflexes. This general procedure was developed by HK in about 1984, with the exception of the Reflex Evaluation Points, which were added about 1991.

It is important to recognize that energy flows not only through the meridians but also out of the meridians through the tissues. Careful analysis has indicated some 18 different components to this energy flow, only eight of which relate directly to the meridians. (This information was first presented to the Annual Meeting, Touch for Health Foundation, 1983.) Any given Kinesi-ology procedure can be analyzed to determine which of these energy components it can affect. To balance the meridians under all possible conditions requires procedures which can affect any of the eight energy components; likewise, to determine that indeed the meridians are balanced requires tests of each of these eight components. The procedures described here do exactly that. Obviously, if a balancing procedure does not affect each energy system component the method may not always adequately balance the person. An example of this is the HK Balancing Tap, which balances about 99% of the time. (Published in Dr. Scott's book, *Cure Your Own Allergies in Minutes*, in 1986.) We have found that using the well known reflexes – NL, NV, EP, Act, Sed – in the proper manner will balance all these energy components in every instance. Furthermore, the entire process only takes a minute or two.

Summary: HK Meridian Energy Balancing

1. Find a Responsive Indicator Muscle

An indicator muscle is one which can "answer" for the entire body. The first thing you need to do is find a muscle that can both lock and unlock. We use the pinch test for this, and typically choose to test an arm muscle.

1. Test the arm "in the clear." The muscle should lock and keep the arm in place.
2. Pinch the spindle cells in the belly of the muscle and test again. The muscle should unlock so you can push the arm down.
3. Unpinch the same spindle cells and test a third time. The muscle should again lock and hold the arm in place.

If you obtain different results from those indicated in these tests, find a different muscle and try again. Most often you will find a cooperative arm-muscle on your first try, but if not just try the same muscle on the other arm, or choose a different muscle to test.

2. What Element Needs Balancing?

The meridian energy system is meant to be changeable, adapting the energy levels within individual meridians to the momentary needs and stresses in the body and mind. In Health Kinesiology we work with the 12 bilateral meridians plus the governing and central vessels, grouping them in seven coupled pairs or "elements." We number the elements from zero through six. Experience has shown that working with the meridians in this order gives the most effective results with the least effort. Incidentally, this process of testing around the navel has a name – circumbilication.

Touch the reflexes for each element in turn, beginning with element zero. Stop and note the first element giving a weak test. This will be the element to balance, so proceed now to Step 3. Remember that you will be touching points to balance the energy in both of the meridians in the element. It is possible that your client is already balanced. In that

case all the elements will test strong and you can jump to Step 5.

3. What Type of Reflex Points Will You Use for Balancing?

In HK we typically facilitate all energy corrections by touch-stimulating one of five different types of energy points. For the initial balancing process, you will most commonly use either Neurolymphatics, Neurovasculars, or Sedation Points. Sometimes you will use Endpoints, and rarely will you use Activation Points for the initial Balancing. How do you know which type to use? Test the Reflex Evaluation Points, the REP's! There are five of these reflexes, one for each of the five types of energy correction points.

Test the REP's. Remember that the REP for Neurovasculars is a single reflex point. All the other REP's are in pairs, and you must simultaneously touch both reflexes in the pair for this test. Stop and note the first reflex that tests weak. This shows you the kind of points you need to touch for this Balancing Process.

4. Balance

To balance you simply touch or "hold" the type of points you noted in step 3 for the pair of meridians (the element) you noted in Step 2 and allow the energy changes to happen. You, or your client, or anyone else may hold the points. How long do you need to hold the points? Until you feel a subtle pulsing, or until you and/or your client sighs or yawns, or until you can feel that you're done, typically a minute or two.

REMEMBER the point-holding protocol. Depending on the number of hands available:

Hold the yang meridian points first on one side, then on the other side. Then hold the yin meridian points on first one side then the other.

OR

Hold all the yang meridian points first, then hold all the yin meridian points (both sides).

OR

Hold all the points at the same time.

UNLESS

You are doing Sedation or Activation points. If so, first follow the guidelines above and complete the Hold First points. Then follow the guidelines and complete the Hold Second points.

To summarize, you use Step 2 to determine which element (two coupled meridians) and Step 3 to determine which type of reflex points, for that element, which will balance the person.

5. Are You Balanced Now?

It's time now to confirm that your client is in fact meridian energy balanced, or to DISCOVER if more balancing needs to be done. (98% of the time, balancing is complete at this point.) As you do these confirmation tests, your client will keep their palm flat on their navel. As you know, there are reflexes around the navel which represent all the meridian energies. (Even element zero has an alternate test point – the navel itself.) When you test with the hand on the navel, you connect into all the meridian system, so you are no longer getting responses from just that one muscle and the single meridian with which it is associated. Now you are able, with every test, to discover if there is an energy disturbance ANYWHERE in the meridian system.

Perform the tests indicated below. If all the tests give the indicated results, you can feel confident that your client is meridian energy balanced and ready to begin to do deeper personal work. If ANY of these tests gives a result opposite to that indicated, then more balancing is needed. Repeat the balancing procedure from Step 2. Only occasionally will this repetition be necessary.

Confirmation Tests

1. Test with the client's palm flat on the navel. ↑

NOTE: Keep the hand on the navel for all of the remaining tests.

2. Have your client say NO and then test ↓
Have your client say YES and then test ↑
3. Pinch the spindle cells of ANY muscle. ↓
Unpinch the spindle cells of that same muscle. ↑
4. Test with the NS pole of a magnet on the belly of any muscle. ↓
Test with the SS pole of a magnet on the belly of any muscle. ↑

If all these tests work as indicated then the person is definitely Meridian Energy Balanced. Notice the tests which result in a strong muscle are done second.

Appendix II

HK List of Common Psychological Stress Items

This is not a comprehensive list! Just a small starter to illustrate typical items

- HK is easy.
- HK is difficult.
- I need comforting.
- Learning is fun!
- I can't remember anything.
- I am always sensitive.
- I am focused and attentive.
- I am open and receptive.
- I can't get going.
- I need help.
- I am honored.
- I might be wrong.
- It is OK not to be perfect.
- Mistakes are bad.
- I am adventurous.
- People are warm.
- I am hopeful.
- I will be hopeful.
- I should be independent.
- People are sensitive.
- I am fortunate.
- People are understanding.
- I deserve totality.
- I am healthy.
- I value people.
- I should be strong.
- I trust my inner self.
- This work is weird.
- I am changing.
- I want to have everything.
- I should not be weepy.
- I need recognition.
- I am important.
- I can't have abundance.
- I need vision.
- I am loved.
- I must have happiness.
- I can't deal with defiance.
- I must empower myself.
- Its OK to have money.
- I will have the ability to succeed.
- I want to be trusted.
- The world is not ready for this!
- I can't achieve transformation.
- I benefit from everything I do.
- I should not be lazy.
- I can learn effortlessly and easily.
- Other people have more than I do.
- My emotions are easy to express.
- I deserve growth and development.
- I need to be supported.
- I need to have excitement.
- I should not be dependent.
- People should keep their opinions to themselves.
- I can recall details vividly and easily.
- I love myself.
- I am worthy.
- I feel victimized.
- I am enthusiastic and eager.
- I know what I am doing!
- Don't tell me what to do.
- Fear of the unknown keeps me from learning.
- I feel overwhelmed.
- No one understands me.
- I am spontaneous and playful.
- I understand complex material.
- I am grounded and centered.
- I can't do it!
- I should do it!
- I will do it!
- Touching is comfortable and easy.
- Being touched is comfortable and easy.
- Don't touch me!
- Why me?

- Nobody loves me.
- Leave me alone.
- Don't leave me.
- I am wonderful!
- I need people.
- I need attention.
- I want to be acknowledged.
- I can't be natural.
- Relax!
- I am respected.
- I am flexible.
- I am ordinary.
- I have energy.
- I don't have energy.
- I must be organized.
- Believe me!
- I must not be foolish.
- Don't try to control me.
- I feel disconnected.
- I feel close.
- I am pretty / handsome.
- I am (always) considerate.
- I feel defeated.
- I want to cry.
- I am devoted.
- I am responsible.
- I feel responsible.
- I don't have time.
- I need you.
- Protect me!
- I feel wounded.
- I am sensual.
- I feel angry.
- I am happy.
- I am sad.
- I feel trapped.
- I am controlled.
- I am feminine / masculine.
- I forgive you.
- Forgive me!
- Be direct!
- Closeness.
- I don't need friends.
- I need friends.
- I feel lost.
- I am creative.
- I am smart.
- I am bored.
- I feel alive!
- Authority.
- Don't criticize me.
- I am confused.
- There is no hope.
- I am powerful.
- I am practical.
- Pleasure.
- I make decisions easily.
- I am essential.
- I am needed.
- I feel comfortable in any circumstance.
- Permission.
- I feel stressed.
- I am ready.
- I want to.
- No!
- Yes!
- I am not stubborn.
- Sharing.
- Worry.
- I have all the confidence I need.
- Listen to me!
- Be with me.
- Don't blame me.
- I am conscious.
- I feel rejected.
- I feel satisfied.
- I love people.
- I want to be appreciated.
- I am average.
- I have ambition.
- I need affection.
- I accept responsibility.

Appendix III

STRUCTURE OF PSYCHOLOGICAL ITEMS copyright © 1992-1994 25 April 1994		
STRUCTURE	DESCRIPTION	EXAMPLE
By knowing the structure of the psychological item it is easier to construct the item. There are at least 18 different basic structures. Each is listed here, in no special sequence, along with an example.		
I(a). CONCEPT / EXPERIENCE	A pair of items, the first is always the abstract concept ("the dictionary definition"), the second the personal experience.	- (idea of) fear. - (you yourself) being afraid.
I(b). CONCEPT / EXPERIENCE / OTHERS	A triplet of items, like above, but with the third item relating to the experience of any group or individual.	- (idea of) understanding. - (you yourself) understanding. - (any, eg. woman) understanding.
II. BODY PARTS	Simply the name of any given body part or function.	- my heart. - digesting. - toes.
III. NAMES / PEOPLE	The name of a specific person or type of person.	- Mom. - Penelope. - authority figures.
IV. IMPERATIVE	An imperative statement, with usually only the verb and object.	- appreciate me. - enjoy yourself. - rest. - trust me.
V. BEHAVIORAL BAROMETER	Borrowed from "One-Brain". A special pair of related items. The first always begins with "I feel", the second with "I am".	- I feel wounded. - I am needed. or: - I feel unloved. - I am safe.
VI(a). BEING / NOT BEING	A pair of items where the first is "Being" something, the second is "Not being" the same thing.	- Being in love. - Not being in love. or: - Being unable to cope. - Not being unable to cope.
VI(b). BEING / NOT BEING	A double pair of Being /Not being items, where the second pair is an opposite of the first pair.	- Being emotionally close. - Not being emotionally close. - Being emotionally distant. - Not being emotionally distant.
VI(c). BEING / NOT BEING	A triple pair of Being and Not being items, where the second pair is an opposite of the first pair and the third pair is a different opposite.	- Being dependent. - Not being dependent. - Being independent. - Not being independent. - Being free. - Not being free.
VI(d). BEING / NOT BEING / BEING NOT	A triplet of Being and Not Being items, where the second item is an opposite of the first item, as above, and the third item is a different opposite using Being Not.	- Being satisfied. - Not being satisfied. - Being Not satisfied. or: - Being happy with my work. - Not being happy with my work. - Being Not happy with my work.
VII. PHOBIAS & STRONG FEARS	A phobia or strong fear, usually includes several progressively closer steps. (Not all are shown in this example!) Phobia corrections ordinarily require more steps than do strong fears.	- Think of a picture of a spider. - Think of a spider in a cage. - Think of a spider in this room. - Think of being near a spider. - Think of holding a spider. - (Actually) holding a spider.

STRUCTURE	DESCRIPTION	EXAMPLE
VIII. MISCELLANEOUS CONCEPTS	Any given concept, usually only a single word.	- Peace. - Play. - Power. - Control.
IX. SELF ISSUES	Really applies to a group of items all of	(partial list)
X. EXPERIENTIAL GERUND	Only a single word, a gerund (verb ending with -ing).	- existing. - knowing. - assuming.
XI(a). COMMON GERUND DIFFERENT TOPIC	All items in the sub-group begin with the same gerund, but have different topics. The entire group will relate to a particular issue, however.	- Accepting my self. - Accepting my shortcomings. - Accepting my strengths. - Accepting my needs. - Accepting my emotions. - Accepting my behavior.
XI(b). DIFFERENT GERUND DIFFERENT TOPIC	Each item in the sub-group begins with a different gerund and each has a different topic. The entire group will relate to a particular issue, however.	- Understanding my power. - Accepting the future. - Knowing failure. - Trusting others. - Respecting women.
XI(c). DIFFERENT GERUND COMMON TOPIC	The items in the sub-group all have the same topic, but begin with a different gerund. The entire group obviously relates to a particular issue.	- Trusting others. - Accepting others. - Recognizing others. - Honoring others. - Appreciating others.
XII. LINKED OPPOSITES	Each item includes an opposed pair of concepts within the item, linked by the word 'and'. The first word is a goal, the second a blockage.	- peaceful and terrified. - loving and dissatisfied. - forgiving and alone. - appreciated and hurt.
XIII. FOCUSSED TOPIC	A series of items related to a special topic, in which the various components need individual items.	- Attending class. - Studying. - Preparing for an exam. - Taking an exam.
XIV. I (nv's)	These are groups of items with a common topic and different verbs, but all begin with I and use NV points for correction.	- I am happy. - I must be happy. - I can be happy. - I cannot be happy. - I need to be happy.
XV. I (others)	Other I items. These will not generally use the NV points.	- I graduate. - I now can be successful. - I face danger daily.
XVI. PEOPLE / ME	A pair of items where the first is about other people, either generally or a specific group, and the second is about me.	- People needing maturity. - Me needing maturity. or: - Women wanting subordination. - Me wanting subordination.
XVII. SELF SPOKEN WORD VIBRATIONS	A list of, usually single, words which must be said <i>out loud</i> to achieve the correction. It is <i>speaking the sounds to make the vibrations</i> which achieve the correction more than the meaning of the words.	- illusion - power - fun - dynamic - neglect - relax
XVIII. SENTENCES	A sentence, which may be a question a statement, or a declaration. A group of items may not be obviously related.	- Why do I encumber myself? - I obtain love when I need it. - If despair comes, I won't be there!
XIX. OTHER	Any structure not covered above.	- ????

Appendix IV

Life Transformers™

Every substance has an innate pattern of energies. We, as humans, have energies, too. These energies underlie all of our functioning, whether physical, psychological, or spiritual. As infants, indeed even before we are born, our energies are pushed, shaped, trained, even forced, into patterns which are not "normal" for us. Yet those disturbed energies determine how we relate to our world. As a consequence we are stressed by intimacy or success; our self confidence is undermined and we develop fears; we cannot learn how to cope with our emotions or deal with our sexuality; we get stuck and become depressed. In short, we get "hangups".

Through the techniques of Health Kinesiology™ (HK) those disturbed energy patterns can be corrected rather rapidly and people can experience profound changes in their lives. Not everyone, however, is ready for, or has access to, the HK work. LIFE TRANSFORMERS™ were developed so that everyone, easily and inexpensively, can receive some of the benefits of HK energy balancing.

LIFE TRANSFORMERS™ are made with carefully selected jewelry quality gemstones. Their natural energies are enhanced and modified through a special process so that they now emit energies which gently counteract the negative energy patterns created within our bodies when we are stressed. Since different stressors produce different patterns, a different LIFE TRANSFORMER™ is required for each type of stress. These effects are mild, but as they are worn over extended periods of time they provide considerable cumulative effect. They provide an energy pattern or template for the body to match, which it does, over time, resulting in significant reduction in stress. This reduced stress, in turn, allows us to change our behavior, coping with "the world" in a more relaxed and effective manner.

Currently there are 24 different types, with more being added regularly. Different types of gemstones are used and various Life Transformers are worn on different body locations. Several LTs can be worn simultaneously. They should be washed under cold running water for about a minute every week. An ordinary "programmed crystal" would be erased by this procedure.

- Accepting My Sexuality
- Communicating
- Confidence
- Expressing Myself
- Forgiveness
- Getting Unstuck
- Grief
- Improving Intellectual Functioning
- Improving Memory
- Intimacy
- Overcoming Depression
- Overcoming Fears
- Overcoming Illness
- Overcoming Sadness
- Overcoming Shyness
- Protection from Geopathic Stress
- Psychic Protection
- Relating to My Children
- Relationships
- Smoothing the Emotions
- Success
- Understanding
- Wisdom

Life Transformers may be obtained from the Health Kinesiology office. Write or call for catalog sheet.