

Innovative Methods in the uses and applications of Kinesiology.

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Our Goal: To encourage you to tap into innovative ways of using Kinesiology, to help you enhance your skills and widen your horizons.

Warning: this could be fun.

As dedicated Therapists concerned with the well being of our clients, we strive at being as efficient as possible. I quickly realized that, to me, efficiently meant flexibility, flexibility in Therapeutic Methods beyond the boundaries of one modality, which is Hypnotherapy for me. So, I embarked into taking many courses in Rebirthing, Reflexology, N.L.P., Toning (sounds), Touch For Health, One Brain, Edu-K, Depossessions, Past Life, Reiki, Dreams, even Palm Reading, just to name a few.

This exercise made me aware of one major thing: We give different names to methods of understanding and helping people so we can give/take a course that bears that particular name. Life is truly a wonderful journey. After all, since we are made to the image of God, are we not Gods and Goddesses enjoying an earthly experience?

I am a Hypnotherapist. Hypnosis is my main focus. Is Life an affair of Mind over Matter, as many people tend to believe? What about the body and the energy that it generates? Hypnosis makes us understand the psyche, and I came to the realization that the spirit within us needs to reconcile itself with the body that holds it. The body is the temple of the spirit that lives within it. It is usually perceived as the prison, though. It is my experience, incorporating Kinesiology with Hypnotherapy is a very effective way to honour the physical side of our existence on Earth. Since adding Kinesiology to every Hypnotherapy session, as well as a "different" way of using anchoring due to some insight gained at an Edu-K workshop, my clients have been experiencing emotional order and the resulting physical comfort much more rapidly. The time to restore emotional order changed from an average total of 12 hours of hypnotherapy to 6. This, to me, is truly wonderful.

In this workshop, I will be sharing with you two of the methods I use consistently, plus the "different" anchoring. I will first explain when I apply the techniques, why, and what the results are, including what my clients report to me. I will then demonstrate the technique and make you practice and experience it. I do trust that the whole exercise will stir your imagination, unleash your creativity, and bring you as much fun in being a therapist as it does me. I have been in private practice for over 10 years now, and I am still in awe after every session. It is an uplifting and humbling experience.

For example: In 1987 I attended a Touch For Health workshop for the first time. I observed the Instructor doing muscle testing and correction through a surrogate, after putting the surrogate in the Retaining Mode. Since the principle is energy transference, I was certain that when in a very deep trance and after taking the appropriate precautions, one can connect with the psyche of an absent person and do a complete hypnotherapy session through a surrogate. Would it not be wonderful to be able to connect with people in a coma, the unborn child, or a person unable to communicate? The surrogate would communicate what the absent client felt and wanted to express, and the conversation would be recorded on audio tape. This technique has proven very effective in a full range of situations. I am teaching this technique now in a workshop called (what else?)... Uncommon Hypnotherapy. Because we bypass the conscious mind, information on the cause of whatever affects the client comes readily. We access past lives, pre- and peri-natal stuff, psychic interference, inner child, even physical pain and help the person heal and resolve whatever has to be healed and resolved, just like in a "live" hypnotherapy session, and help the client resolve in one surrogate session what would usually take three to four sessions. We have

helped clients in a variety of situations, from a lady requesting the healing of a "leaky bladder" to a teenager experiencing multi-personality and everything in between. What you are able to do with your knowledge is only limited by your imagination. Unleash it. Life is fascinating.

1st Demonstration and Practice: Emotional Stress Release

Hypnotherapy is always Regression Therapy. We go from effect back to cause, being in Present Life or Past Life, verify who's memories and experiences our client is dealing with and proceed with the session.

Very effective in putting the client back together.

At the end of the session, lightly hold the frontal eminences with one hand and the Primary Visual Areas with the other hand.

- Ask the client to review the session and all the insights gained through the session.
- Ask the client to go to the cause of what was affecting him/her and review how it affected him/her from then all the way to now.
- When finished, ask the client to rewind the movie of time from now all the way to the beginning at twice the speed it took to review it.
- Ask the person to review the whole thing and to stop to what she/he perceives is the crucial point in the series of events
- As the client stops at the significant event, instruct him/her to review the issue simultaneously from where she/he stopped back to the beginning and from where s/he stopped all the way to now at the speed you will move your hands from the frontal/occipital holding to the top of the head and back to the frontal/occipital holding.
- Have the client do this complete exercise until you feel a continuous pulse. Take your time and allow your client to go through this at his/her own pace: the results are worth it.
- Then ask your client to imagine a container at their left hand side (I am sitting at my client's right hand side) and remove all the residues, physical and emotional scars as a result of the

issue s/he just reviewed and put it in the container.

- Ask the client "Anything else you wish to put in the container"? Have the client put a lid on the container and close it tight.

There was a lot of energy invested in what is now in the container.

- Ask client in what s/he wants to transform what is in the container.
- Have the client write the instructions on the side of the container and send the container to the sun, "to be consumed and transformed into the new energy (or attitude, or feeling, depending on the client's requests), and once it has been transformed, you will have a new, delightful feeling, and when you have it, let me know..."

Watch your client carefully. As the new feeling is coming to him/her the breathing changes, and then you say "this new feeling, how does it feel"? Repeat the client and add , breathe it in, breathe it in, and impregnate every cell of your body with the (repeat client) feeling. **BREATHE IT IN.** As the client breathes the feeling IN, let go of the client's head.

At that point, I am wrapping up the session repeating the client again. There will be a hand-out called "Anny's Vernacular" so you can use it if you feel it is appropriate. The whole exercise flows well and takes anything from 15 to 30 minutes, depending on the type of session the client has experienced.

Note: Sometimes, once in a trance, the client draws a blank and replies "nothing" to any suggestions. Do, then, the complete exercise, asking the client to go to the beginning of the "nothing" and review the "nothing" from the beginning all the way back to now, etc., have the "nothing's" residues put in the container, and so forth. The results are the same!

2nd Demonstration and Practice: Edu-K Integration.

Very effective when the client experienced a severe conflict within.

At the end of the session, put the client's hands apart (I put my client's hands on the recliner's armrests), and say:

"There is a part of you who wants to have the pleasure of . . . (breathing easily, for example). That part of you, who wants the pleasure of breathing easily, let it come to one of your hands, and when it is there, turn your hand up so I know you are holding it . . ."

When the client signals the "part" has chosen one of the hands, thank the part who wants the pleasure of breathing easily and suggest to the client further saying:

"Deep down, there is part of you who knows how to have the pleasure of breathing easily. That part of you, who knows how to have the pleasure of breathing easily, let it come into the other hand, and when it is there, turn up your hand so I know you are holding it . . ."

When the client signals the other "part" is in the other hand, acknowledge it by saying "Thank you".

Now, addressing the client, you say:

"The part of you who wants to have the pleasure of breathing easily and the part of you who knows how to do it, these two parts, there was a time when they were one. They want to be one again. Feel the attraction! It is like powerful magnets in the palm of your hands. Feel the attraction! These two parts, there was a time when they were one. Let them join again, feel the attraction! They want to come home . . ., let them come home . . ., observe the hands moving towards each other as you repeat the suggestion, and continue: Welcome them home, welcome them home . . . and when your hands are joining, draw the parts into your hearth, welcome them home . . . when the integration is completed, and only then, will you be able to open your eyes . . ., welcome them home, welcome them home"

The client's feedback is always most interesting.

I also use Edu-K Integration when the client does not consciously acknowledge resistance to his/her own request. In that case, the hand "Who Knows How" **moves towards** the other hand while the hand "That Wants To **move away** from the other hand. I ask then the client to open his/her eyes so s/he becomes consciously aware of their inner conflict.

3rd Demonstration and Practice: Anchoring, integrating the two Brains

Basically, anchoring is making an association at a subconscious level. Therefore, it helps a client access a feeling, even when they are hesitating to do so, by merely touching the anchor. It speeds up the sessions, making the client move through unpleasant reviews quickly.

Anchoring the undesirable feelings at the same place on one side of the body, and anchoring the desirable feelings on the same place on the other side of the body deals with the two sides of the brain. And when the time is right, when you collapse the anchors by touching and holding the desirable feelings and then touch the undesirable feelings while holding the desirable feelings, you are facilitating the connections and integration of the two sides of the brain. It is like seeing the two sides of a coin simultaneously. The results: inner peace that comes with self acceptance. For simplicity, I consistently anchor the undesirable feelings on the left knee and the desirable feelings on the right knee. It quickly becomes automatic and I can proceed with the hypnotherapy session without having to think about which side is which. Once you have practised these methods, you will realize how easy they are, by experiencing these methods, you will understand the incredible healing feelings associated with them. It is an uplifting experience.



Anny Slegten practices what she preaches: different therapeutic methods are enhancing each other to the benefit of clients and therapists alike.

Anny is Founder and Director, Canadian Institute of Hypnosis, Kinesiology and Complementary Therapies™.