

Spiritual Growth Through Kinesiology

by Carol L. Boschetto

You may or may not have discovered a need to connect better with the spiritual part of you. It seems in our very busy world it is a level we often seem to neglect. There is a lacking, a longing that ensues from this lack of connection. All levels of our being need to be nurtured. To neglect one level will have an affect on the whole.

In Polarity, the dimensions of height, width, and depth are analyzed in terms of posture, movement and energy circuits. Polarity is a blending of health and philosophy. Dr. Stone, who developed Polarity Therapy, depicts the soul as torn between materialism and his Source.

"Man alone is endowed with all the faculties needed to understand his Source, his Being, his relationship with Nature. Writings of the Ancients become sacred because they reveal to man some hints about his Source, his marvelous pent-up energies and soul powers, and how to use them wisely in Nature; how to transcend the ego and thereby find his way to his REAL HOME."

If we look at the Kinesiology/Polarity model as it relates to spiritual Growth, we see many similarities. Both address a need for man to get in touch on a Spiritual level. By integrating the two models, we have the option to test priority issues, which Polarity doesn't address, and clear any apparent blocks in the body's system which would impede one's progress.

In my practice, I have noticed a growing number of clients with a need to get 'closer to spirit'. One client said that this would be essential to his 'getting well'. Working with a basic system and clearing on a spiritual level, I felt as though something was missing. Experiencing this on a personal level as well, the following system was developed.

It is my belief that as we journey closer to Spirit, we receive insights or gifts. If the Spirit impels us, we are inspired to share these gifts with others. This is my offering.

The Nature of Spirit

Ideas of a spiritual nature can be symbols or signals that will connect the individual- It is important to pay attention to these. They may be beyond our knowing, beyond our need to know. These usually make sense to the individual or client and they will tell you about their meaning.

Accomplishments in life often leave the spirit tight, constricted, pushed. We cannot squeeze it out, as much as we sometimes try. We must let go of control, let loose, stop trying so hard- By letting go of control, our spirit has a chance to be freed, to breathe. Think space. The spirit likes space. Let space be in every organ, muscle, tissue, etc.

The System

The system contains structure, steps, levels and color, to help a person relate to a world that may be unknown or fearful. We help them construct a road or pathway to reach their goals. We create a structure or steps to make the body/mind more comfortable and relaxed in the spiritual world.

The colors become a language that the mind can grasp. They paint a picture that leads to the path or allows one to stay on it.

The words on the menu list are 'key points' to receive the language. They are the 'key' that unlocks the door. They are 'association' to continue growth. The words on the list were given words. We are not bound by these, however, you may add to these or use your own.

The system is an art form, it is what it is to the 'beholder'. It is free, moving, yet elemental.

It honors individual beliefs.

It has no limits.

You may use it as you wish, alone, or to compliment your system.

Method

1. Do all Pre-tests and Corrections
Note: I usually use this in conjunction with a regular balance. I first test on a Basic Issue Category. If Spiritual comes up, go to #2.
2. Ask permission to work on a spiritual level.
3. M.T. priority on word list. (this will become your goal)
4. Discuss what the issue means to the person, to their life, what they will accomplish with this goal.
5. Next use a Pre-check list. If yours doesn't have a Polarity section, add one. (Mine just says 'Polarity')
6. Go down list for priorities on the Pre-check list. (Indicate the body's 'offness' toward goal)
7. If Polarity comes up, go to the elements chart and test priority.
8. If any element other than Either comes up, use chart as a guide. There may be an issue there that needs to be cleared first.
9. Ask if there is more on the element list or if you need to do more Pre-checks.
10. If Either comes up, go to Etheric Level Chart and test priority.
Note: My sessions usually last 1 hr. In that time we do several levels of clearing. It may be that the Etheric Level will not come up first and you may need to clear another level first.
11. Use your systems tools to clear.
Note: Often the 3 in 1 mode for VAF (venous arterial flow) comes up. Ask if light, tap, or re-shape is needed to clear.
12. Re-test Pre-checks. If clear, check for glitches and times, levels and dimensions.
13. Ask if we need to future project. Do we need to integrate?
14. If something is not understood, go to section on understanding.
15. Is home support needed?

Menu-Word List

1. connection
2. awareness
3. growth
4. progression
5. love
6. intimacy
7. creativity
8. oneness
9. meditation
10. self
11. manifestation
12. joy
13. wisdom
14. cantillation
15. fulfillment
16. contentment
17. mediation
18. Barometer or wheel

Elements Of Polarity Related To Spiritual Growth

EARTH

Connection to Gravity. How the body relates to forces of gravity. Image of the tree. The tree has roots that allow it to stay grounded, yet its limbs reach toward the heavens, toward Spirit.

WATER

Relates to intuition, creativity. Image of the river. Steadily flowing, creatively turning on its path. Nurturing the ground, bringing life to the earth. Energizing.

FIRE

Power, intelligence, enthusiasm, expression. Qualities of Wisdom. Image of the Heart, the center of love, sensitivity and feeling.

AIR

Relates to communication, movement and attention. The center of compassion. Image of hands clasped together. Of an embrace. Our center for silent communication in the form of prayer, or verbally speaking to others. The air element enables us to share.

ETHER

The connection between body and spirit. Space. Image is the COLORS of spirit. Contains levels of 1-10. Colors relate to Spiritual Connection.

Etheric Levels/Colors

1. CRYSTAL/ GOLD..... TRANSLUCENT
2. WHITE..... PURITY OF CREATION/
CREATOR
3. SILVER.....PURE SPIRIT
4. YELLOW.....ENERGY OF SPIRIT
5. RED.....FIRE/ POWER
6. TURQUOISE.....CLEAR SPEAKING/
PRAYER/ UNDERSTANDING
7. PURPLE..... TRANSITION/ GRACE
8. BLUE/GREEN.....BALANCE
9. DARK GREEN..... COURAGE
10. EARTH/ BROWN.....CLOSEST TO BODY
YET SPIRIT, FEELINGS

Meaning

Number Ten is closest to the body.

Number One is closest to the Spirit or God. One equals a representation of Creator, Spirit, all power, all knowledge and supreme Energy that the Creator/Spirit is.

Number Seven is a transition color, it helps us to move to the higher levels.

The chart can be like a bridge from body to spirit. When indicator changes the bridge is damaged and there is no travel to the higher levels.

Understanding

What happens when we don't understand? Sometimes we may have a level, color or issues that we cannot comprehend. This suggests spiritual truth that may not be obvious to our conscious mind. It may feel shaky when we can't intellectualize it. If this

happens we may ask ourselves these questions.

Does something need to be experienced to unfold understanding?

Do we know, but it is outside our consciousness?

Do we need to integrate something to further our understanding, a tool or object to bring consciousness to light?

You may ask your own questions, use your own expertise. It just may be OK not to understand at the moment. Your Spirit will guide you to understanding.

Spiritual answers usually come when it is the right time for us to know: when we let go of control, when we can BE WITH, BE QUIET, ALLOW SPACE, BREATHE. We get knowledge, a future to use, explore, play, love, enjoy. It becomes our bridge to the 'benevolent unknown'. As we grow, get close, get answers, evolve, we become better human BEINGS.

Conclusion

The data is very new at this writing. New data becomes apparent with use; however, clients have said they definitely have experienced a shift after balancing. They often find it difficult putting it into words. They say they feel different, more focused. They have a better sense of self, a 'oneness' The feeling is calm, good, yet energizing, progressive.

My hope is that you will use this system, and, above all enjoy, adapt, and create your own levels of growth and love.

References

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