

## Emotional Reflexology

by Michael Flatley

Do you sometimes find with certain clients, that muscle checking becomes overly complex? If they have complicated stress patterns, it can take a while to either:

locate a clear IM (muscle indicator)  
or  
achieve clarity in a "stressed-out" IM

Muscle monitoring is often efficient or even magical while at other times frustrating for the facilitator, the client, or both! Yet doesn't that apply to all modalities? Some people love Rolfing. Others hate (or fear) it. Same thing with acupuncture, allopathic medicine, broccoli, multi-level marketing ... you name it.

The challenge I discovered in my first years of practice was that few if any of my clients shared my level of enthusiasm for kinesiology. And often times I just couldn't get a clear indicator change in whichever muscle. I was a sponge for information, techniques, and modalities accumulating over 500 hours of training in at least five different programs related to AK/CK/TFH synthesis. That helped a lot. Intuition helped even more. Throughout this time I was employed and/or self-employed as a massage therapist. This is how I got to experience working on 2,000 bodies, and yet the kinesiology programs made up about 80% of my overall bodywork training. The unconventional style I developed would typically prompt the question: "Where did you learn this?" As in what massage school..... If my description of kinesiology sparked their interest, then I would include more specific balancing techniques. Mostly, I would integrate any number of TFH/PKP/AP/HTX techniques into the massage with the following difference.

Replacing (AK) muscle monitoring with tenderness monitoring.

- Find a tender reflex
- Utilize an appropriate TFH correction
- Check for decrease in tenderness

Other alternative bio-feedback/monitoring

- Try a difficult yoga posture
- Utilize corrections from any modality
- Check the same posture (if it's not easier, find another correction)

More subtle

- Think about any goal, challenge, or unpleasant memory and notice feeling
- Utilize corrections
- Think about same thing, observing any changes

These other styles of monitoring are perhaps more intuitive, subjective and right brain in comparison to AK/TFH muscle checking. That's the point -- sometimes the clients innate intelligence can work more effectively with a right brain approach. It's like the difference between reading Braille through fingers vs. prints through the eyes.

### The Emotional Factor:

This method is based on the following set of hypothesis:

	Key up:
Below the waist points	Subconscious stressors
Above the waist points	Conscious challenges
Gluteal muscles	Bonding challenges and stress programs (beliefs) emminating from prenatal period
Thighs	Personal issues; Repressed emotions
Calves	Transpersonal issues; Oldest patterns
Gait reflexes and small intestine pts.	Centering; identification with challenge

**1st Example:**

To clear overwhelm - too many details to manage - too many work hours - dealing with crisis - big personal change or struggle

Compare the difference between:

"I am challenged by \_\_\_\_\_."

and

"\_\_\_\_\_ challenges my beliefs, ideas, programs and/or imprinting."

In a centered state we don't feel threatened or challenged. Getting our programs challenged or eliminated is how we evolve. Overwhelm(centering issues) and false identity can be keyed for processing by activating these trigger points:

- Belly of the quadricep
- Quadricep NL points
- Gait reflexes (see TFH Book, p. 123)

If these points can be cleared, a breakthrough in the domain of empowerment can occur for the client. Neuro-vascular massage is sometimes enough technique. I also find that meridian massage can be combined with holding a flower essence bottle (that relates to the stress) while tracing the line. I believe that "running" an essence through the channels for 2 minutes can be as effective as taking it orally for two weeks.

**2nd Example:**

- Check NL reflexes along gallbladder channel on the tensor fascia lata on both legs.
- Find the most tender point.
- Use the verbal cue: "Whatever this reflex relates to, just relax enough to connect with a meaningful resource."
- This set of points relates to regret, guilt, grief or remorse, the most extreme version being self-condemnation. If a client suffers from self-deprecation and/or giving away power, this set of points will be "loaded".

**3rd Example:**

If a client is dealing with something unpleasant in their life (job, sickness, relationship) often the "vibe" or self-talk will be "I can't take this anymore". The repressed version can be keyed up on stomach channel (hard to stomach/accept) of the thigh region. The conscious aspect will be accessed at the levator scapula attachment near the scapula.

When the Persian Gulf conflict was heating up in the autumn of 1990, most people were noticeably tender on the belly of the anterior tibial muscle on the stomach channel between the ankle and the knee. "Operation Desert Watch" was dominating the news. It's hard to accept (stomach) lack of peace (bladder), the prospect of war, Saddam Hussain, Etc. There's also the loss of control (bladder) or power for Kuwait and/or western oil interests. it's transpersonal in that it relates to so many people and it reflects older long-term karma.

**Inner Thigh**

Adductor Muscle (Pericardium) facilitated by spleen, liver and kidney energies.

Liver through Adductor:

The theme of resentment, frustration or disappointment (repressed version) in relationships. Bitterness with a friend, partner or relative show up clearly here! At the knee, I find a polarity of birth stress on the inside (liver) portion of the knee and death stress on the outside (gall bladder) of the knee. If someone is age 45, halfway between the knee and groin, you'll be pressing into a challenge emanating from early the age period of the early twenties. Adolescence is one third up from the knee. Just check the whole line; find the most sensitive point; do the math; then ask them what they remember from that age.

Modern cultures lack of proper initiation, right of passage or ceremony that indigenous cultures offer children at puberty can manifest as a subconscious resentment at the point that corresponds to age 13 on liver through adductor. For an 18 year old it is two-thirds up from the knee. On a 65 year old, check 20% of the distance between the knee and the groin. I realize this is illogical. Please check it

on a dozen people before dismissing it. I am not aware of linear "readouts" on other channels.

### **Gluteals/Bonding**

The most intense experience of bonding is to become someone else for nine months. In many respects, it's the epitome of surrender. The two largest muscles animated with pericardium chi are:

Gluteus Maximus - Stressful content within the "download" of programs (shared karma, lessons, imprinting, etc.)

Gluteus Medius - The stress associated with merging and absorbing the mother's energy, beliefs and the general restriction of her culture and world. In the belly of this muscle, you might key up programs such as:

"I lose my identity in relationships."

"I have to give up being myself to exist in this environment."

Affirmation: I open to remember that my essence cannot be lost. It was my choice to share in the lessons of others. These are perfect lessons which I can accept.

### **Feet**

Integrate all foot reflexology information, experience and training with ESR skills. Foot reflexology can be more diagnostic followed by full-body corrections. Or, vice-versa: work on the feet to clear a stress found on the body. When you find tenderness on the feet or toes, ESR techniques and emotional rituals are very effective. Also, most people love getting their feet massaged.

Key up a big stress. Then go for some bliss. Re-check the stress. There will be a percentage drop. You will observe the clients clearing style. Trust your intuition. It's more powerful than techniques. The fusion of intuition and technique (minus ego) is magical.

### **Above the Waist**

These points are generally more recent, conscious and variable in relation to the clients lifestyle. For example, the belly and origin of Brachioradialis is the most common tenderness in the arm. Combine a stomach emotion, such as contentment, with a large intestine emotion that relates to a challenge the client is currently processing, e.g. letting go of dissatisfaction.

If the reflex clears quickly and easily it might not be important to identify the emotion.

Some "readouts" do not clear so fast. The reasons include:

-Lack of deep alpha state. The range of 7 cycles/sec. is especially helpful in accessing spiritual resources, and deeper knowing relevant to the stress/challenge/learning.

-Need to know more about it.

-Psychic cords; foreign consciousness in the client's space. Use any modality to clear chakras involved. It can be regarded as unconscious surrogating.

### **ASSESSING THE EMOTION**

Kidney - fear, insecurity

Bladder - peace, control issues

Liver - resentment, anger, bitterness, attachment

Gallbladder - choice making

Heart - love, hate, gratitude

Small Intestine - assimilation, identification issues

Triple warmer - burden, harmony, humor

Pericardium - bonding issues

Spleen - sympathy/empathy, anxiety, faith

Stomach - acceptance, contentment

Lung - tolerance

Large Intestine - Releasing the past, worth, grief, guilt

On a given point, you might have a combination of three domains:

Chi of the muscle

Chi of the meridian

Chi of the reflex

All three domains are interfacing there. When you find a tender point, simply mention, this stress could relate to \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_ ... or something else. Then use a clearing technique. The client is processing through alpha, light touch, affirmations, etc. The combined intuition of the client and facilitator will indicate the emotional content most of the time. After the reflex has cleared, there can be a feeling of complete certainty about the emotional content, not knowing at, having a clue, or anywhere in between.

If a person has high anxiety, you can bet on high tenderness with any spleen reflex and vice-versa. Ask what kind of stress they have. Then check reflexes that correlate with the emotions conveyed. Or:

- 1) Check all the NL points
- 2) Suggest the emotional possibilities
- 3) Client makes correlation
- 4) Re-check points asking "Is there a change in how this feels?"
- 5) They'll say something, "Yes, if you're using the same pressure, it's only half as sensitive now."
- 6) The other 50% might be another layer, issue, challenge, and or emotion.

- 7) Either continue with the same corrective technique, or try another technique, or be satisfied with a 50% drop at that point and go to a higher "readout". Later, re-check this one again. It will probably drop further.

### **In Summary**

In a one hour session, you can locate 20-40 of the most sensitive reflexes on your client and facilitate a 75-100% clearing on those readouts. You get to employ the essence of your kinesiology training on clients without doing AK muscle-checking. It's less technical and more intuitive. It also blends into massage quite well. Almost everyone loves massage.

Emotional Reflexology is a distillation of everything I've ever learned about healing and transformation. It takes a day to teach it. The advanced module, Harvesting Blackholes, puts more emphasis on transforming subconscious programs by shedding light on difficulty, hardship, and pain of the past. Isn't it conceivable that the most unpleasant lessons in life yield the greatest rewards? Once a lesson has closure, then the gem of wisdom has been extracted.

As a healing artist you are reminding people about the gem. It's pretty simple.