

Wood Kinesiology

by Dr. Robert Frost

History and Folk Beliefs

Various woods have been used in healing since ancient times. Many medicines and remedies are extracted from wood; especially from the inner bark. The drug quinine, found in the bark of the chinchona tree and formally used to fight malaria, has been used by South American Indians since ancient times. More recently, the bark of the rain-forest tree Pau D'Arco upon which no molds grow, has been used to fight the problematic yeast, *Candida albicans*. The inner bark of the marine pine (*pinus maritima*) contains pycnogenol, a powerful bioflavonoid, which strengthens veins and arteries.

In many African countries, natives often carry a small wood carving of their favorite God. Many tribes of American Indians carve wooden figures believed to contain magical powers for healing, hunting, battle, etc. Shamens of many cultures carve small wooden figures for their patients to carry to drive away evil spirits. Thrones of wood have been used for centuries for coronations, and other formal occasions of state. The symbols of rulership, the scepter and mound (sphere with a cross on top-usually ornamented with jewels) are usually made of wood and are carried by the ruler in formal ceremonies.

For centuries, only the African Zulu king was allowed to possess objects made from the beautiful wood of the Pink Ivory tree. The king often had a throne-chair made of pink ivory. Anyone else found with any pink ivory wood was killed. Today, the trees are cultivated and the wood is available although expensive.

The hand grip of swords is often made of wood as are spears, gunstocks and parts of most weapons-at least in former times. Famous swords, bows, shields and other weapons believed to possess magical powers were often made of wood (at least the part that touches the hand).

When Odysseus was coming home from the Trojan war, his ship was wrecked on the island of Circe. Circe used her magic to turn all his men into swine. To protect Odysseus from Circe, Hermes picked a specific plant out of the ground and gave it to Odysseus. Odysseus carried this plant under his clothes and was immune to Circe's magic.

Effective medicines have been discovered in ancient recipes containing wood and wood extracts. Perhaps in the traditional folk beliefs and uses of wood and wooden figures we will also find useful applications of woods for healing and optimal performance in many areas of endeavor. The tools of kinesiology muscle testing give us the ability to demonstrate the specific effects of substances such as wood upon human functioning.

Optimal Health and Functioning: the Meridian System and Its Relation to the Muscles

In 1967, the American chiropractor and father of Applied Kinesiology, Dr. George Goodheart, discovered a connection between specific muscles, organs, glands and the meridians described in the Eastern healing systems. When the meridian energy is balanced, the corresponding organs and glands function well and the associated muscles test strong.

When the meridian energy (Ch'I, life-force) flows freely (unimpeded) through the whole circle of meridians, clear thinking, rapid healing, resistance to disease, and strong-testing muscles is the result. The Chinese state that a free and unimpeded flow of the Ch'I or life-force through all of the meridians is the precondition for total health. When the meridian energy flows freely, it can go where it is needed to assist physiological processes such as digestion, provide protection against the elements (too much cold, heat, wind, dryness, moisture, etc.), and for healing of all kinds. When a meridian is partially blocked, the meridian energy backs-up and builds up in this meridian. This may be visualized by

considering what happens to a little river when a beaver builds a dam: The water backs up and creates a lake. In a blocked meridian, this creates an excess of energy in the meridian.

Pain is always associated with an excess of energy in one or more meridians that flow through or near the area of pain. When the excess energy is dissipated (through a variety of means such as acupuncture, muscle balancing, etc) the pain is diminished or disappears completely. Dissipating excess meridian energy reduces pain.

If a free flow of meridian energy is a prerequisite for health, than any means of freeing the blockages of meridian energy will promote health and optimal functioning. Kinesiology muscle testing has revealed that touching particular substances can make weak-testing muscles test strong. This indicates that these substances bring the blocked meridian energy into circulation, which restrengthens all weak-testing muscles. Thus finding and carrying such substances can be an important step toward better health and functioning. Common substances that strengthen weak-testing muscles include herbs, medicines, essences, gemstones and woods.

However, we don't have these problems with blocked meridians simply because we don't have our gem, herb or wood with us. Our problems do not arise because of a lack of woods etc. Similarly, we aren't depressed because we don't take enough valium. It is our responsibility to use all of our kinesiology skills to test our clients and determine the steps to optimal health and functioning. Some of these we can perform with the clients during sessions. Other steps must be performed by the client on an ongoing basis. These may include exercise, posture, stretching, meditation, affirmations, changes of diet, changes of attitude, changes of environment or working conditions, etc.

These life-style changes on the part of the client take time. It takes time to change habits. In my experience, we only change habits when something better is in view. Even then, when we are stressed or otherwise not in energetic balance (when switched for

example), we tend to only repeat past behavior. We need to be in balance to clearly conceive of and correctly create new conditions, internal or external.

After a kinesiology session, the client's meridian system should be in balance and his thinking clear and positive. But the next stress will put him again out of balance and cloud his ability to think and be positive. In this imbalanced state, he will be less motivated to actually make the needed changes that you tested and recommended to him.

Here is the forte of healing substances like woods. When your client has received detailed instructions as to how to make needed changes in his life in order to create the conditions for optimal health or to achieve other goals, he will only likely follow these instructions when he is in an energy- balanced state. And, as experience shows, an energy balance is only temporary. As Dr. John Thie said, we need to consider energy balancing (Touch for Health) like the washing of our hands. When we wash our hands, they don't stay clean. Similarly, when we balance the meridian energies, they don't stay in balance. Daily stresses bring us out of balance just as daily living dirties our hands.

So, substances that tend to keep the meridian channels open (keep us in energy balance), can be an important assistance to the person who is attempting to make changes in his habitual life-style. With the meridian energies free-flowing, we remain clear-thinking and positive-optimistic. And we remain capable of making new choices and decisions... the prerequisite for making changes that further our way to health or other chosen goals.

Extensive testing has demonstrated that external contact (touch) with certain substances such as wood may immediately strengthen the muscle test, even though the same disturbed area is still being touched. In such a case, contact with a substance which strengthens the indicator muscle may also relieve the pain. This may have important therapeutic value.

However, as is the case with medicines, a substance which removes the symptoms is usually not an adequate treatment for the cause

of the problem. By removing symptoms, such as a substance may cause the client to ignore a problem that needs direct attention. For this reason, in so far as you are able, use all of your kinesiology techniques to determine the cause and the steps necessary for a lasting correction. Some of these steps you will be able to perform with the client during the session. Other necessary steps (such as habits of posture, movement and diet, negative emotions, and mental expectations) require that the patient make basic changes in their daily habits. One of the most important abilities of a therapist is to successfully motivate the client to make the changes necessary to promote lasting health.

After a session, the client's meridian system should be in balance and his thinking clear and positive. But the next stress will put him again out of balance and cloud his ability to think and be positive. In this imbalanced state he will be less motivated to actually make the needed changes that you tested and recommended to him. Carrying substances such as wood which help keep the meridian system balanced can lessen the negative effects of stress and keep the client positively motivated. This can be the difference between a pleasant session and one that really helps your dreams come true.

Let us assume that the client is not suffering from lack of B vitamins, is not holding extreme tension in the muscles, does not have exhausted or damaged muscles, and is not stimulating any problem (all of which could be possible causes for muscles testing weak). Then, the cause of any weak-testing muscles lies with the proprioceptors or in the central nervous system (spinal cord and brain) processing of the incoming sensory signals and generation of the outgoing motor stimulus to the muscles.

In kinesiology, it is accepted that when the corresponding meridian is in correct function, the proprioceptors and brain circuits function properly in the testing of the muscles associated with this meridian. Contact with certain substances such as woods make weak-testing muscles strong. Using scientific "double-blind" studies, I have demonstrated that a specific type of wood can correct all the weak-testing muscles of one specific meridian

for everyone tested. This has nothing to do with belief or placebo effect. So logically, the interaction of the body with these substances appears to correct the meridian function which improves the function of the proprioceptors and/or the brain's neural processing, generation and transmission of the motor signals to the muscles (strengthens weak-testing muscles). These are the repeatably demonstrable results of my investigations. They lay out a challenge for the neuro-physiologists to discover the mechanisms in the human body that are able to sense and be affected by substances near or touching the body.

Interesting Discoveries with Woods

Whatever eventual explanation scientists develop for these phenomenon, they are demonstrable, repeatable and very useful.

Woods have been located which can each balance one specific meridian in most everyone tested. For example, Burmese (or Madagascar) Rosewood (*Dalbergia beriensis*) balances the circulation-sex meridian in most everyone.

Tight muscles (fixations) along segments of the vertebral column cause weakness in other specific muscles. If the head is pulled back and held there with tension (fixing the cervical vertebrae), the gluteus maximus muscle associated with the circulation-sex meridian will test weak on both sides of the body. However, touching the wood that balances the circulation-sex meridian keeps the gluteus maximus muscles strong even when the head is pulled back. This indicates that woods can help eliminate some of the negative effects of fixations.

When any of the seven chakras test weak, touching Black Walnut causes them to test strong.

When any of the gaits (double tests involving an arm and the opposite leg at the same time) test weak, touching Pink Ivory will make them test strong.

Geopathic energies and electromagnetic energies can be a disturbing energy influence

for many people. The wood Wenge provides protection against these influences.

After balancing the pelvis, client's often soon experience that the incorrect angle of the pelvis returns. After such a correction, the wood Purpleheart helps to stabilize the pelvis so that it doesn't again go out of symmetrical balance.

When the body polarity is out of balance, touching Linde/Basswood corrects this.

When kinesiology testing indicates that the client needs to drain off negative energy, Huon Pine aids this process.

Switching in the left-right dimension is corrected by Soft Maple. Switching in the up-down dimension is corrected by Black Ebony. Switching in the front-back dimension is corrected by Grass Tree.

The Australian wood, Red Gum, blocks all emotional surrogate phenomena. If your client is surrogating for someone else (for example, a sick relative), you will be testing the relative's energies as well. This can be very confusing to the tester. Placing a piece of Red Gum on the client will isolate him from all emotional influences from other people. Carrying a piece of Red Gum isolates the tester and protects from picking up any negative energies coming from clients (or other people).

Mulga helps integrate the front and back brain halves.

Huon Pine helps with the child-adolescent-adult balance.

Wounded spirit affirmations function better with Rosita.

After severing negative chakra connections, Hazelnut protects against them being again formed.

Hazelnut also may be an aid to the hay fever sufferer.

The effect of contact with woods functions even if the substance is not directly touching the body as long as it is not more than 0.4 cm.

from the skin. Thus, it appears that the human body has the ability to detect and be affected by substances near the body, even without direct contact. The mechanism for this is not yet understood. Perhaps neurologists or other scientists will one day discover the mechanisms responsible for this phenomena.

As is the case with gemstones, often it is possible to find one type of wood which balances all the current meridian imbalance in a client. This may be most easily performed by placing one hand upon the navel. If any meridians are in a state of excess energy, this will weaken an indicator muscle. Test to find a wood that causes the indicator muscle to test strong while the hand is upon the navel. This wood frees all the blocks in the meridian energy and thus will strengthen all weak-testing muscles.

Meridian balancing substances seem to be most powerful when chosen and carried consciously during specific times of stress. When carried continuously, their effect diminishes. So, advise your client to carry the meridian balancing wood at chosen times of stress when help is needed rather than all of the time.

The same wood which balances all meridians will often be effective in reducing or eliminating pain. To more specifically test a wood for pain-relief, use the following procedure:

Testing for a Specific Wood to Relieve Pain

- 1) Stimulate the pain in an repeatable way.
- 2) Have the client self-rate the intensity of the pain on a scale from 0 to 10.
- 3) While the pain is being stimulated, test an indicator muscle.
- 4) As the muscle weakens, spread the client's legs at least 1/2 meter apart to place the signal relating to the problem into "pause-lock".
- 5) Check that the signal relating to the pain is indeed now in pause-lock by testing the indicator muscle. It should still test weak.

6) To test if a wood can be of aid, place all woods on the belly and retest the indicator. If it tests strong, one or more woods will be of aid. Take half of the woods away and retest. Continue this process until the wood(s) that strengthen the indicator muscle are located.

7) To test if the wood indeed reduces the pain, have the client hold the wood, exactly repeat the original pain-producing stimulus, and have the client reassess the intensity of the pain. Often pain is dramatically reduced or completely relieved.

Various Uses of Woods

To "buffer" meridian energies, giving great stability during stress of all kinds.

To balance the meridians (unblock, promote flow)

Universal Healing Woods

Research has determined that certain woods balance specific functions in everyone requiring this. Those located so far are:

WOOD

FUNCTION

LATIN NAME

Woods that Balance Specific Meridians in Almost Everyone:

Central Governing	Whitewood (Poplar)	<i>Liriodendron tulieisera</i>
Liver	Cocobolo	<i>Dalbergia retusa</i>
Gall-Bladder	Logwood	<i>Haematoxylon campechianum</i>
	Bubinga, White US	<i>Guibourtia</i>
	Bubinga, Red African	<i>Guibourtia demejusei</i>
Heart	Larch	<i>Larix decidua</i>
Small Intestine	DoussiÈ	<i>Afzalia bipindensis</i>
Circ-Sex	Madagascar Palisander	<i>Dalbergia bariensis</i>
Triple-Warmer	White Oak	<i>Quercus alba.</i>
Spleen	Machiche	<i>Lonchoearuspus platyloba</i>
Stomach	Satine (Bloodwood)	<i>Chloroxylon swietenia</i>
Lung	Jarrah	<i>Eucalyptus marginata</i>
Large Intestine	Zebrano	<i>Microberlinia Bisulcate and Microberlinia brazzavillensis</i>
Kidney	Shedua (Obangkol)	<i>Guibourtia ehie</i>
	Sycamore	<i>Acer pseudoplatanus</i>
Bladder	Chate Vigna	<i>Salpinia platylobaCae</i>

Balancing and Healing Woods

All Chakras	Black Walnut	<i>Juglans nigra</i>
Gaits	Pink Ivory	<i>Berchemia zeyheri</i>
Geopathic & EM	Wenge	<i>Millettia laurentii</i>
Pelvic Postures	Purple Heart, Brazil	<i>Peltogyne spp.</i>

To increase the powers of healing (resistance and recuperation) by freeing the circulation of life-energy (Ch'i) through all of the meridians.

To stabilize mental states (remain positive and motivated toward achieving chosen goals, anti-depressive)

To reduce or eliminate pain of all sorts To provide a stable, constant natural energy to the human who has diverged from natural health.

To balancing specific functions.

To provide protection from negative energies.

To provide an excellent vehicle for the placebo phenomena

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Polarity	Linde/Basswood	Tila americana
Energy Drain	Huon Pine	Dacrydium franklinii
Switching:		
Up-Down	Black Ebony	Diospyrus Crassiflora
Left-Right	Soft Maple	Acer saccharinum
Front-Back	Grass Tree	Xanthorrhoeaceae spp.
Emotional Surrogate	Red Gum	Eucalyptus camaldulensis
CIA stretch, back-front brain	Mulga	Acacia aneura
Child-Adolescent-Adult	Huon Pine	Dacrydium franklinii
Wounded Spirit Affirmations	Rosita	Sickingia salvadorensis
Negative Chakra Connection	Hazelnut	Corylus avellana
Hay Fever	Hazelnut	Corylus avellana
Eyes	Redwood	Sequoia gigantea

Woods that Most Often Balance All Meridians in One Person

All Meridians	Balsa	Ochroma lagopus
	Cedar of Lebanon	Cedrela libani
	Brazilian Cedar	Cedrela fissilis
	Bubinga	Guibourtia demeusei
	Ebony, Thai	Diospyros muni
	Shedua (Hyedua)	Gibouritia ehie
	Hazelnut	Corylus avellana
	Purpleheart-Brazil	Peltogyne spp.
	Red Gum	Eucalyptus camaldulensis
	Rosewood (Burma, Madagascar)	Dalbergis bariensis
	Teak	Tectona grandis
	African Blackwood	Dalbergia melanoxylon
	Douglas Fir	Pseudotsuga menziesii
	Black Walnut	Juglans negra
	Ziracote	Cordia dodecandra