

SELF-APPLIED KINESIOLOGY

BODY ELECTRICS

Getting It All Together

By Ed Long

Abstract: Shortcuts to balance and conscious-subconscious integration are given.

Since the early 70's Touch For Health has adequately covered the basics:

NLs	Meridians	Muscles Testing
Points	Pulses	Alarm Points
Switching	Elements	Water
Nutrition	Surrogating	Vertebrae
Time of Day	Cross- Crawl	Goals

Each year dedicated Applied-Kinesiology practitioners have contributed many additional correction procedures --

more meridians	muscles
testing modes	colors
sounds	symbols
flow lines	emotions
affirmations	movement
body electrics	yin-yang

We all have easy access to this information. The overwhelming number of choices available has made it essential for many of us to branch off or specialize - OR - to develop shortcuts and combinations to better utilize as many of the most beneficial solutions as possible. The latter has been my choice - shorten, simplify and make full use of all of the above.

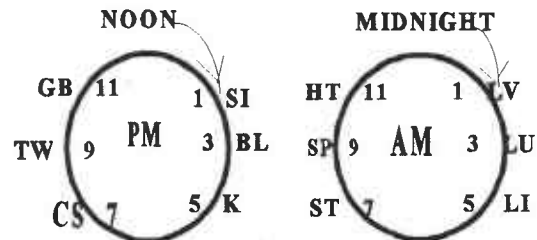
Four Procedures Are Dealt with First:

1. ENVIRONMENT - Senses - Colors - Symbols - Sounds
2. PREPARATION - CLEAR Hands, Head, Neuro-Switches.
3. BREATHING - Ratio - Rugae - Diaphragm
4. CONSCIOUS - SUBCONSCIOUS Integration (Covered in this paper)

With practice all this can be thoroughly accomplished in less than 5 minutes.

Time of Day Balancing

Therapy-localizing Alarm Points will show strong on present time and weak on the opposite 12- hour time. Having two clocks - each divided into six 2-hr segments of AM and PM keeps a simple balancing procedure constantly in view. Tapping the present time Alarm Pt. reduces its over/energy and any TFH energizing procedure tonifies its opposite under/energy organ. An immediate "Quickie" balance is achieved as AM and PM times both tonify. Combining all twenty meridians on one "clock" is desirable but is somewhat overwhelming at first.



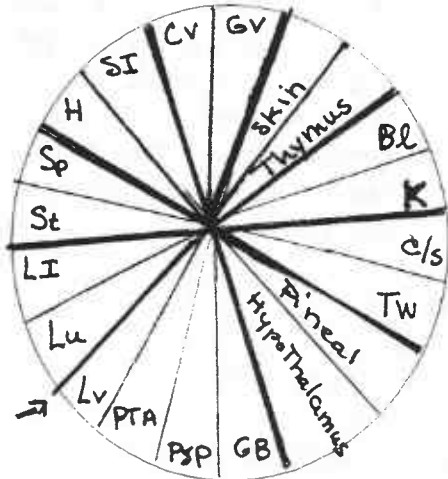
Time of Day Balancing

Pieces of Pie

Each of the body's 20 Meridians (The basic 12, Central, Governing, & the Six extra) move their energy in a predictable order. Putting each on its own "piece of pie" & pairing it with its "Element" partner groups the basic into six (or ten) more easily understood, learned & utilized sources of information.

For example:

Liver (Wood element Yin) presented in this paper would be paired with Gall Bladder (Yang).



Pieces of the Pie

APPLICATION OF PIECES OF PIE

Time of Day	1-3 am 1-3 pm Liver-Yin GB-Yang
Organ	Liver
a. Yin-Yang	Yin
b. Emotion	"Content"
Muscle	Pectoralis
a. Test	Major Sternal
b. Action	Arms fwd, Press up & out
c. Other Muscles	Down & in Rhomboids
Posture	L/R Ankle
a. Emotion	"Happy"
b. Sound (aeiou)	"TH"
B to Z	
Qi Gong	
a. "Healing" Breath	"Shuuu" (Thumbs) (Fists on knees, looking at nose) (Breathe "fire" to navel)

Nutrition

Vit A-leafy veg.-
Green peppers
L wrist #2, Deep

Pulse

Acu-Press

Tonify 1st & 2nd
Sedate 1st & 2nd

Liv 8-K10 - Liv 4-Lu 5
Liv 4-Lu 8 - Liv 2-Ht 8

Alarm Pt.

(hum - count)

Liver (CT.)

Quick

Ft L4

Vertebra

T5,6

NV

12

Meridian

NLs -- Anterior
 -- Posterior

1st toe to ribs
R 5,6
T5.6

Element

Wood

Color
Sound
Emotion
Taste
Season
Climate
Controls

Green
Shout
Anger
Sour
Spring
Wind
Earth

Additional Information

Stores Carbohydrates
Releases glucose
Synthesizes proteins
Produces bile
Alcohol causes 70%
of its ailments

Conscious-Subconscious Integration

"The Secret of Perfect Living"

Our daily life is a sum total of our natural needs to fulfill our desires and relieve our stresses. The brain could be described as a "desire fulfilling, stress-relieving machine".

James Mangan, spending 45 years of intensive study and experiments in his search for the secret, summarized 12 ways mankind has attempted to achieve productive worthwhile lives:

- | | | |
|-----------|------------|-------------|
| 1. God | 2. Service | 3. Wisdom |
| 4. Action | 5. Art | 6. Security |

- 7.Happiness 8. Money 9.Pleasure
10. Health 11. Love
12. Self-Development.

Mangan sought a formula for combining the 12 into one and concluded that the answer to benefitting the whole person was to get our conscious and subconscious together for every second of our lives.

Few of us understand, believe or even care that we get well from the head down. And, when inflicting pain on ourselves, few stand an unlimited amount without having enough sense to know we are doing it ourselves. Our conscious mind with "credit-grabbing" and "fault-finding" ability dominates. As Pogo aptly puts it "We have met the enemy, it is us."

Words are not the subconscious mind's business - it resists them. It knows that 99% of our problems are created by what goes into our mouth and what comes out of it and would advise: "Never, Never, NEVER find fault with, condemn, or criticize yourself or anyone else to achieve Oneness.

"Our brain halves differ in size, nature and words. The "all-hearing" subconscious, relishes our walking 50 feet to bring in every sense with each step taken; it loves to work and then gaze proudly at it — so make sure some of your work is visible. The subconscious revels in formulas ("do it"); and subconscious belief is 1000 times stronger than conscious belief.

A great deal of background information has been summarized here as has been my choice of 20 (from over 100) key "Switch words". This gives a good foothold for beneficial use.

To Use The Chart:

In each of the 10 squares the "Switchwords" for the paired small-print problems are the paired large print words above them.

1. Observe the problem word and state the Switchword - while believing what you really desire
2. Spend no time or thought on the Switchword's meaning. It works just like a switch on the wall - flip it - a light goes on.

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