

# MINDFULNESS AND KINESIOLOGY

by Lhasha Tizer, April 1997

**Abstract:** Mindfulness increases our ability to be present and healthy in our lives. Mindfulness brings us into touch with our 'true self' as we go beyond our thoughts and beliefs about our feelings and into the experience of being present.

We know that to instate and maintain optimal health and well-being we need to approach our life in a holistic manner. This means giving care and attention to all aspects of our being: the physical, the emotional, the mental and the spiritual. We also know when any of these areas are overlooked or neglected that part is then diminished and may suffer. We then say we are "out of balance". Every aspect of our being requires nurturing to function well and depends on a particular "diet" suitable to its specific needs.

## **Our Emotional Diet**

Let us take the example of a good emotional diet. The basic requirements or R.D.A. of this diet is first to have full recognition of our feelings (awareness). The next step is to accept these feelings before we can do anything with them. If we ignore or neglect our feelings and emotions we can become malnourished, feeling lost and disconnected from ourselves. We may also find that these emotions don't digest very well and can yield an emotional stomachache that can take the forms of defensiveness and anger. What is important to emphasize is if basic awareness and acceptance of our feelings is missing it can effect other parts of us in less than desirable ways. Then our well-being is compromised. Our body and being are hungry for a diet that includes noticing and attention if we are to maintain balance. This is this basis of mindfulness.

## **What you think, you are**

I have found that the mind plays an enormous role in the process of creating and maintaining

overall health and vitality. I have witnessed again and again that "what you think, you are." Our attitude, the ways we view ourselves and the world surrounding us, our capacities and limitations have a direct and proportional relationship to health.

As children our sense of self and world was influenced by our earliest interactions with our parents, siblings, neighbors, teachers and friends. We were a receptacle of these influences both good and bad. Our values, beliefs, opinions, and personal data bank were shaped and formed by these forces. Since childhood, our minds have not been free to experience and witness our own truth as it exists. Mindfulness allows us to step into our moment to moment awareness and access our current reality as it presents itself to us. In this way we use the mind to liberate the mind.

## **The True Self**

In my nineteen years of being a holistic health counselor I find most of us to be out of touch with our "true or real self". We carry the burden of certain personal attitudes like "I am unworthy"; "I can't say how I feel because no one will like me"; or "I am depressed and I can't change it". These biases condition everything we do from work to sleep patterns and communication to eating habits. This can become an overwhelming contraction of self and we may feel confused, victimized and powerless to change. We can change this through mindfulness.

### **The Tool of Mindfulness**

Mindfulness is a tool and a practice that enables you to step into your present moment reality, as an observer, and make contact with whatever comes forth in a whole and complete way. We practice it as a guided induction which uses the breath as an anchor to assist in present-centered focus.

Mindfulness is a watching, a taking note of what is current, without changing anything, as a tool towards self-discovery. We watch our sensations, thoughts, feelings, and impulses just simply allowing them to be there noticing if there are any changes. Very rarely in life do we get a chance to look at ourselves and the workings of our minds in so much detail or so completely -- it is very educational. Through this process we can develop a relationship to what is actually going on without guessing or surmising.

Mindfulness is especially beneficial to use in situations where there is emotional and mental stress and conjunctively with the emotional stress release technique.

### **How to Use Mindfulness and Kinesiology:**

1. Ask the person how they are feeling and if anything is going on.
2. Identify the areas of stress and help them to verbalize them.
3. Check for dehydration, switching, zip ups.
4. State a goal.
5. Muscle test and balance the fourteen indicator muscles and any over-energies. Recheck so muscles are now locking.
6. Ask them to think about their stress and retest 14 indicator muscles and

over-energies. Muscles will now unlock.

7. Do a guided mindfulness meditation. You can use your own or "Establishing a Daily Meditation" from *A Path With Heart* by Jack Kornfield.
8. Ask the person how they feel.
9. Retest 14 indicator muscles and over-energies. All or most muscles will re-balance.
10. Recheck the goal.

### **"Establishing a Daily Meditation"**

"...Find a posture on the chair or cushion in which you can easily sit erect without being rigid. Let your body be firmly planted on the earth, your hands resting, your heart soft, your eyes closed gently.

At first feel your body consciously soften any obvious tension. Let go of any habitual thoughts or plans. Bring your attention to the sensations of your breathing.

Take a few deep breaths to sense where you can feel the breath most easily, as coolness or tingling in the nostrils or the throat, as movement of the chest, or rise and fall of the belly.

Then let your breath be natural. Feel the sensations of your natural breathing very carefully, relaxing into each breath as you feel it, noticing how the soft sensations of breathing come and go with the changing breath.

After a few breaths your mind will probably wander. When you notice this no matter how long or short a time you have

been away simply come back to the next breath.

Before you return, you can mindfully acknowledge where you have gone with a soft word in the back of your mind, such as 'thinking,' 'wandering,' 'hearing,' 'itching.' After softly and silently naming to yourself where your attention has been, gently and directly return to feel the next breath. Later on in your meditation you will be able to work with the places your mind wanders to, but for initial training, one word of acknowledgment and a simple return to the breath is best."

From *A Path With Heart* by Jack Kornfield, page 65.

This meditation is a good place to begin and introduce people to the practice of mindfulness. As you continue on the path of mindfulness other types of focuses and

meditations can be done that assist tremendously in the process of awakening to our own truth and in improving the quality of our lives. Mindfulness has been demonstrated to be very effective in pain management as is demonstrated by the work of Jon Kabot Zinn in *Full Catastrophe Living*.

I hope you will employ this in your kinesiology work. I find this practice gives people the tools, self-awareness, understanding and integration needed to become their own healing force.

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