



Advanced Kinesiology Centres® Educating Alternatives™

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UNIVERSAL HEALING MODEL

Educating Alternatives was created as the educational arm of Advanced Kinesiology Centres and is founded upon the vision that we have entered an era of global awareness, cooperation and unity in which Kinesiology plays an integral part. Its purpose is to help set a new standard of excellence in educational and health alternatives and the development of choice. A.K.C - E.A is dedicated to a process of continuous refinement both professionally and personally. Striving to synthesize the most effective and flexible approach in developing alternatives where they seemed not to exist.

Educating Alternatives is committed to influencing the greatest number of interested people in the most empowering way. Supporting associations and bodies of similar direction sharing information and resources with the aim of mutual fulfilment and development.

Educating Alternatives is structured to create practical alternatives to enhancing an investment in one's own health and wellbeing.

The primary point of the whole effort in Advanced Kinesiology has become the approach of:

1. Find It.
2. Fix It &
3. Challenge It.

Points two and three are primarily technique oriented, but part of point one has developed into a new reference for finding not only where a problem is, but also in what context it exists.

This is the discovery of the Universal Healing Model

(UHM). It is a practical reference for identifying change of CONTEXT when working with clients.

The UHM is a reference that is large enough and non specific enough to cover all the possibilities of how Context can become a natural part of how Kinesiology, thus addressing the whole person more effectively.

The UHM addresses the relationship of the Functional Neurology of human and

adaption. Specifically the UHM looks at how we respond to adaption the way we do, not why we adapt the way we do. Hence the term 'Functional' applies more specifically to what we do in Advanced Kinesiology. All the researched information comes primarily from the responses of real people to these techniques over an extended period of time.

This section covers the basic structure of the UHM and how it is best used.

UNIVERSAL HEALING MODEL HISTORY

The UHM was born from the beginnings of what was to be part of a curriculum for Nurses to study both traditional and alternative medicine in a Kinesiology Hospital. In an attempt to bridge the gap between Kinesiology techniques and the Medical models my thinking was triggered as to what the staff would need to know to be effective in both areas.

My first thought was that it would be simple, although I soon changed my mind. It seemed the only appropriate information to teach to them, was mostly of the references to the laws of how people function when they are going through their healing processes. These references are pri-

marily related to my training in Homeopathy, but some crucial information was derived from my experience with Applied Kinesiology. Some of the illustrations of the overview of Applied Kinesiology were only of AK, not the whole person.

With a few changes to expand its scope I developed the Universal Healing Model. This proved to be an enormous paradigm shift in how I and other practitioners were to approach the application of the laws of healing and Kinesiology. The diagram that I developed was a description of what was to become a major reference in Kinesiology testing and has become the basis of Advanced Kinesiology. This has become one of the most significant influences in the development of how to apply Kinesiology effectively.

I continued my research and found many references that eventually went into a manual that later formed the workshop "Healing Principles".

I also continued to investigate the significance of the Universal Healing Model and it started to unfold its symbolic references as a contextual model. What the model was showing us was that to be able to include all the needed references when working with a client we had to know what context/s we were working in.

This led to the realization that if the correct values were associated to the corrections being done we would achieve a greater and long, lasting affect. The correct values were able to be brought up to the surface simply by identifying the context in which the problem had been created in the first place. Any corrections done in this correct context meant that the person could heal themselves more easily.

The UHM proved to be a symbolic model not only of the contexts involved in any human endeavour, but also started to prove itself via other sources. Its structure is the same as what Buckminster Fuller describes and uses as the basis for his geodesic domes. This of course is all based on his triangulation mathematics which even today describes the structure of the atomic shells and even describes the mechanism of radiation, where other theories have yet to do the same.

We are navigating through the waters in life and how we respond as a functional neurological cybernetic system is influenced by many factors. It has highlighted the defensiveness of our need to survive and at the same time the incredible potential we all have buried within us.

With further investigation the UHM has proved an

invaluable reference for understanding how the basic components of Mental (patterns), Emotional (values), and Physical (structure) relate to each other to display the relationships of Fears Habits and Beliefs as major motivators in our lives.

As the research and observed responses from the application of the UHM continues, the amazing story of how we actually function becomes clearer and clearer.

Healing Principles is an introduction to the need for contextual references as a necessary part of how we function and achieve success in life. The primary elements of the UHM are;

MENTAL * EMOTIONAL * PHYSICAL * MERIDIANS

The total effect of the integration of these elements is to increase the "Quality of Spirit".

The model naturally developed through observing how the muscle testing interacted with this new reference and checking these responses with independent references to identify what the UHM was ridiculing. For example when the priority element was identified via testing, it was investigated to find the nature of what was being represented by the person. The appropriate correction/s were found and applied. The result was an incredible improvement on an already extremely effective approach we had in Kinesiology.

When more than one of these elements showed as equal priority we were able to find Fears, Habits and Beliefs. This research led to the development of other workshops explaining how the UHM covers every aspect of how we live and adapt.

Educating Alternatives works on the philosophy that a person is already perfect for what they are to achieve in their lives. All that is needed is to find what is stopping the person from expressing that perfection. The statement "What do I need to learn?" is replaced with "What do I already know that has led to this situation. What do I need to unlearn?".

The UHM represents one side as the Physical influences on the person and how well the physical is standing up to challenge. The second represents the Emotional responses in a person. The third represents the Mental or psychological patterns that influence a person's reaction to life.

The relationship between these different aspects of human health is mutually dependent. If one side becomes deficient or excessive it has to have an effect on both the

other sides. Therefore anything that helps to correct one side of the triad will have an effect on the other two sides. This means that anything that has an affect may be seen to be appropriate, but may not be the priority correction for this problem. Not until the priority side is dealt with in the priority way that the correction will be effective in the long term. The communication between the three sides is done via the Meridian System. This forms a triangle within the main triad and shows the relationship the meridians have with all the other sides. When the priority area is dealt with correctly all the components will come back into balance.

The total effect of these different components is to increase or decrease the **Quality of Spirit**.

The choices a person makes in life evokes subconscious reactions that may be in opposition to what that person wants, then the quality of spirit will continue to go down. If the person is able to implement the things needed to keep these three sides working together, the quality of spirit will continue to improve and grow. So the priority area to work on with any problem or disturbance will be either the Meridian System, the Physical, Mental, or Emotional. The most destructive problems are those which attack the highest number of these components. These types of disturbances require a correction that may need elements of each of the components of the triad to be truly effective in balancing the problem.

The aim of all the Educating Alternatives programs is to increase the **Quality of our existence**. The technique of choice to enable us to do that is by using a means of verifying what component or correction is the priority one, and this is done with muscle testing.

The goal of Educating Alternatives is to create alternative views, and new options to teach as many people who would like to listen so they can improve the quality of their lives. Educating Alternatives has the view of integrating as many modalities, that have a proven track record, with Kinesiology, so Kinesiology may be able to expand into all areas of the healing industry.

To better understand the relationships that determine the influence of Fears, Beliefs and Habits, we only need to observe the combined function of the basic components of the Universal Healing Model.

For example, the resultant reference established by the mixture of our Emotions and Mental patterns is the reference we call "**BELIEFS**" From the experiences we have

through life, we make certain conclusions about those experiences. We then accumulate these conclusions into an integrated reference. This reference is then combined with our existing or constructed Mental patterns to form a structure. Because the experiences we went through evoked Emotional responses, this reference is justified by the emotions we felt and so creates the evidence that the experience was real, at least to us. It is the creation of this evidence that supports the Beliefs we have and use in a number of different ways.

If we look at the combination of Emotions and the Physical abilities we have, without any Mental patterns to structure the responses, we start to understand the Fear response. Fear is Emotional reaction expressed Physically. While we are able to control the reaction we call the result FEAR. When the reaction becomes too strong for us to be able to compensate for, we call it Phobia. Phobia is an extension of the Fear process where the mitigating factor is our ability to control the effects.

The remaining combination of having a Physical activity being structured by a Mental pattern is **HABITS**. With no or little emotion, the resultant behaviour is the Physically reproduced action according to certain Laws (patterns). These are habits, rituals and traditions.

The combination of adjacent sides of the Health Triangle combine to form the **FEARS, HABITS & BELIEFS** categories. These three categories oppose the remaining side of the triangle and explain further the behaviours people engage in through life.

As a summary of these relationships we can see that FEAR opposes the Mental or Intelligence of the person. This is a very obvious fact. When a person is engaging in a Phobic reaction there is very little access to their intelligence to overcome the reaction. The more they are able to access their intelligence, the more control they have over the reaction and are able to keep it at a fear level.

The category of **BELIEFS** opposes the Physical side of the triangle. This is perhaps not as obvious as the Fear versus Mental, and is just as influential. When a person has a conflict in the Belief System it shows itself as a Physical symptom. This is why many symptoms will only be resolved when either an emotion or a mental pattern is corrected as a belief.

The category of **HABITS** opposes Emotions. Most of the reasons why a person would not be able to resolve their emotional conflicts is because of their habits of either do-

ing that emotional behaviour, or some other habit that is associated with that emotional behaviour. This is particularly relevant to the fact that until the Mental patterns and the Physical representation of these patterns are corrected, the emotions either, remain, and/or, return.

PERCENTAGE TESTING

Percentage testing is an important part of how Advanced Kinesiology can be used to keep track of the progress a client makes relative to any particular issue.

As we measure the amount of Emotional stress by testing for the Percentage of Negative Emotional Charge, and Mental stress by the percentage of Misperception, and the Physical stress by the percentage of Body Habit, there are percentages for measuring the amount of stress on any part of the UHM categories.

For FEAR related stress we test for the percentage of Fear. This is a measure of how much fear, either a combined or a single fear, is influencing the situation. Looking for its opposite in the percentage of Intelligence as a measure of the positive response.

The ideal is 0% Fear and 100% Intelligence.

For BELIEF related stress we test for the percentage of Conflict of Belief. Here we are not so concerned with what the actual belief is, but rather the relationship of, either a number or a single, belief to other beliefs. While this conflict continues to exist, a person will be defeating themselves before they even attempt to achieve anything. Beliefs are reliant on one crucial property for their existence - EVIDENCE. For a conflict to be overcome, the person must have enough Positive Evidence to support a new positive belief. So the measure of the positive is the percentage of Positive Evidence, relative to the issue at hand.

The ideal is 0% Conflict of Belief, and 100% Congruence.

The Universal Healing Model continues to show new ways of discovering the neurological patterns of how we do life. It has led to discovering ways into the meridian system, techniques for defusing compulsive behaviours, and explanations of where Genetics has its place in Kinesiology.

This is an ever evolving and growing understanding and as it continues to show us more of how we are who we are, Educating Alternatives is committed to teaching these advancements to the Kinesiology Profession.

ENERGY - THE ESSENCE OF EXISTENCE.

This part of the presentation highlights the importance of energy as the medium in which we work. The body, mind, and emotions all need energy to operate successfully. So we need a way of being able to assess if there is enough energy to use. One very effective way of doing this is with Percentage testing.

As a general measure of this energy testing for the Percentage of Available Energy, has proven to be a good gauge of energetic change from the corrections done.

This is then extended to the idea of testing for the percentage of available energy for more specific areas such as: "Recuperation", "Healing", "Utilization".

This can be applied to any general or specific condition. Eg, for specific muscles, digestion, adaption, relationship etc.

LAWS OF HEALING .

For the UHM to have any long term credibility it has to work according to the Laws of Nature. These laws applied to human recuperation are known as the Laws of Cure. From observation of clients the most important Law of Healing is the law of Action Reaction. Allow me to give you an example of being burnt, cut or injured in some way and reproducing the affect that created the problem again, but to a much lesser extent.

Eg, after being burnt, place the burnt area 'towards' the original or another source of heat until pain is aggravated 'slightly' then pull back. Repeat this process until the person feels a 'rush of energy' or some type of change in the effected area. The result is a healing response that is ten times faster and efficient and with no scaring. What causes the injury can be used to stimulate an exaggerated response to the injury from within the person.

This shows the importance of the person's own reaction ability and the stimulation of healing that occurs because of it. Why don't we do this automatically?

COMPENSATION. We learn too well to compensate enough to be able to avoid the symptoms but then we very rarely get back to correcting them properly. We end up with a series of compensations to events in our lives that never get resolved properly. These compensations lead to other imbalances and energy drain that can become worse than the original imbalances.

Doctor Hering researched the effects of homeopathic preparations on his clients and found definite and repro-

ducible patterns of healing and summarized them into three main directions of Cure.

1. Cure is seen as change from the Head Down. Attitudes change for the better and relates to the Neocortex.
2. Cure is seen as change from the Inside Out. The observed symptoms on the outside are usually the last to clear. A lot of emotional release is observed here. Relates to the Limbic system.
3. Cure is seen as change in the symptoms as a reversal of the order of their original occurrence.

The Cerebellum is the storage computer of all events that have happened to the person in the physical reactions and the associations to these events. It is the memory of our physical existence. When we have enough available energy to heal, the cerebellum brings up the last unresolved issue to be corrected, by recreating the symptoms. We then overcome the symptoms in the correct way, so eliminating the need for compensations.

HEALING CRISIS.

In Educating Alternatives we are very aware of the true definition of "Healing Crisis" and the fact that people create symptoms as a part of their healing processes. Muscle testing is the identification source as to whether a person is having a healing crisis or not. Also, whether they are on their "Line of Cure" or not.

The elimination of toxic or unwanted tissue or chemicals from the body creating symptoms. These symptoms are a part of the process of cure and may NOT need to be worked on. Working on a healing crisis can suppress the process and the person will be worse off. If a person is on their line of cure, they will be more likely to be having a healing crisis. Not all symptoms are showing destruction, and may be showing a cleansing process.

When a client starts the road of healing himself/herself quite often the HEALING CRISIS will occur, which is generally misunderstood. When understood, the client looks forward to and enjoys thoroughly the thought of having a healing crisis. The healing crisis is simply the body cleansing itself, cleansing its tissues, replacing the old tissues with new, so a cleansing crisis is something which is quite often needed by the person to eliminate toxins from the deeper recesses otherwise not touched.

It is a wonderful thing to see this in practice and how people can truly reverse the process of disease and bring themselves back to a better health state.

With the use of Advanced Kinesiology techniques we can reduce, if not completely eliminate the discomfort produced while a person is going through a healing crisis.

When a person is in fact going through a healing crisis, sometimes it is more appropriate not to do any correcting because the person is already correcting himself / herself.

It is difficult for the average person to identify the difference between the healing crisis and a disease process. Through muscle testing of course we can identify the situation straight away and allow the active healing power of the person to carry them through the healing they need to go through. It is sometimes difficult for a person to accept the fact that the healing crisis comes at the time when they are feeling their best. Invariably a client will say "but I was feeling really well, it was the best I had felt in my life". It is at this time you can usually expect the crisis to occur and it is at this time when the crisis can do its best work.

A person increases their available energy and when their energy gets to an excess the excess is turned in on themselves to facilitate their own recovery. At this time the body itself is doing its greatest work. Its life preserving job. It's literally ridding the old so the new can take its place.

Using symptoms only as a means of identifying treatment may not be the best criteria.

SUPPRESSION.

A major pre-supposition of Educating Alternatives is that all imbalances are related directly or indirectly to suppression and symptoms are an attempt to expose these suppressions.

The concept of illness.

"All the processes which we describe as illnesses are the expression of biologically advantageous defensive measures against homotoxins, or they represent the biologically appropriate attempt by the body to compensate for toxic damage sustained, in order to maintain life as long as possible." Hans-Heinrich Reckeweg MD.

The expression by the body of illness as symptoms, is the given right of the nervous system to tell the true nature of the defence mechanisms being used in the body. The elimination of this means of expression is SUPPRESSION

and suppression of the very spirit of human healing.

Before we actually look at the topic of suppression, and to better understand it, let me start with a few necessary pieces of information.

To understand suppression, we have to be aware of the process of healing that we all use when we are functioning normally. This infers that there is a "normal" state. This "normal" refers to how the body\mind successfully negotiates obstacles it encounters during the course of living. In fact let's look at the actual process of muscle testing first to explain how it is related to suppression.

The body\mind is a cybernetic system. This means it is constantly monitoring what is changing in its internal and external environments. From that feedback it is creating adaptations and/or corrections to be able to continue its best possible function. Muscle testing gives us the ability to tap into these feedback loops of the body\mind and by observing the change in state or response of a muscle we can identify where a correction or adaptation cannot be made by the system as it currently exists. We can then further identify the nature of the new information needed by the body\mind to make the appropriate correction or adaptation.

This is an extremely important part of the Educating Alternatives and needs to be explained as being the reason why we do what we do as Kinesiologists.

SUPPRESSION FINGER MODE.

It is so important to us at Educating Alternatives to find and correct suppressions. The finger mode for suppression is as follows:

Hold the little finger nail into the first (distal) crease of the thumb and test. When this creates an indicator change, put it in circuit and correct the response.

Whenever an imbalance seems not to respond to Kinesiology techniques there is usually a context and or suppression that has not been identified correctly.

Check this mode after every correction that is done and the suppressions can be found and corrected straight away. Have fun.

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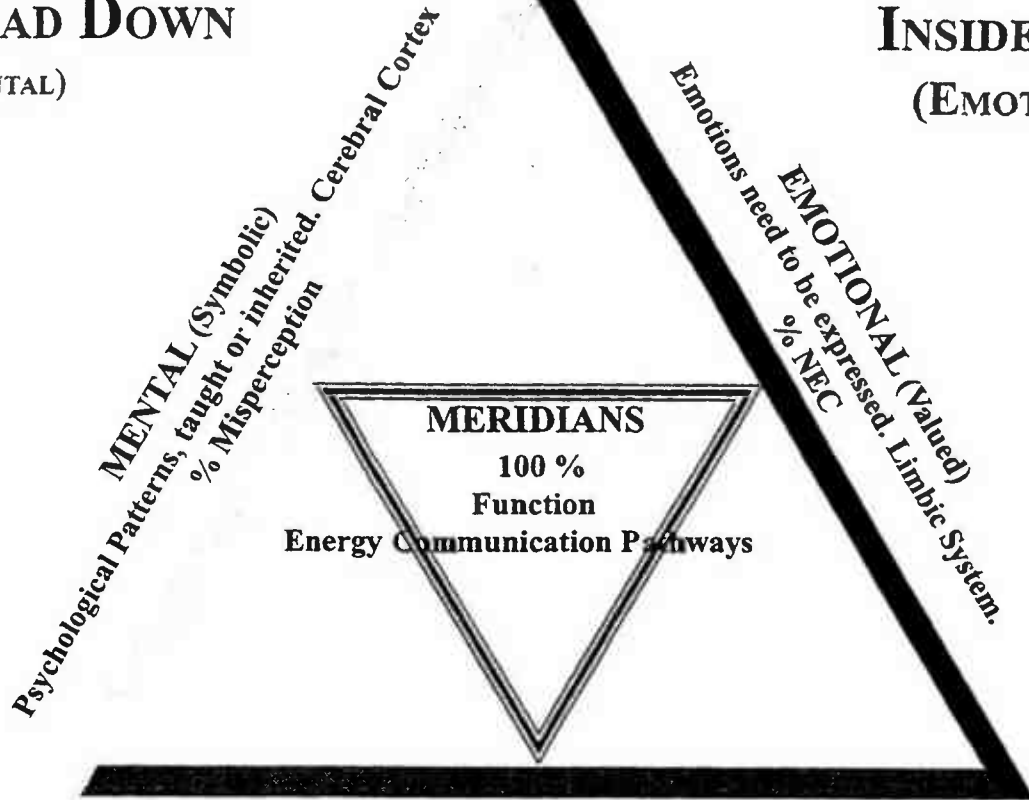
UNIVERSAL HEALING MODEL[©]

Increasing Quality of Spirit

Hering's Laws of Cure

Cure starts from the
HEAD DOWN
(MENTAL)

Cure starts from the
INSIDE OUT
(EMOTIONAL)



PHYSICAL (Actual)
Biochemistry, Physiology & Anatomy. Cerebellum.
% Body Habit

Symptoms appear in the **REVERSE ORDER** of
their original occurrence. (Physical)

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- % of Available Energy
Test for the Percentage of
Available Energy for
1. Recuperation
 2. Healing
 3. Utilization
 4. Specific Areas or Functions