

# The Multi Dimensional Healing Model using Transformational Kinesiology



by Kerry Franks.  
Dip. Med. Sci. Dip. Hol. Kin.  
Australian IKC Faculty  
Australian TK Instructor

## *Transformational Kinesiology - The Philosophy*

“Know Thyself.” Transformational Kinesiology is a philosophy of living based on the teachings of the Ageless Wisdoms.

Throughout the ages humanity has strived to realise this injunction, to know ourselves physically, emotionally and mentally ; to know others, to know the universe. Knowledge has increased to a great extent but has this knowledge allowed us to be ourselves?

Gradually we can become ourselves by knowing what we are not. We all sense the soul in ourselves, but how do we learn to freely commune with it as part of our inner tuition? To know that we are not our bodies, our emotions, our sexuality, our jobs or roles, releases us from our lower bodies and the core beliefs that hold us there.

We can only be ourselves when we are not identified with anything else.

### **Identification of Core beliefs**

Transformational Kinesiology facilitates this process. The art of muscle monitoring identifies the physical and psychic challenges which are held in our belief systems through the genetic and dimensional maze affecting the etheric/spiritual constitution of man..

This identification process using transpersonal psychology, brings to consciousness the awareness of the “self” and the balances activate the soul awareness so we can detach from the

lower bodies. In this way we come in contact with our true Self, that Self from which all healing comes.

Permanent healing only comes about when a change in consciousness takes place.

Transformational Kinesiology draws from the teachings of Alice Bailey, Dwajl Kuhl the Tibetan, Torkum Saradaryian, Grace Cooke, White Eagle, Michael Eastcott and many others and most importantly, Blavatsky. The teachings grace all peoples of the planet and traces us all back to the source and our role in the Divine Plan.

### **The Soul Aspect**

Transformational Kinesiology is an experiential journey which uniquely combines the wonderful muscle monitoring tool to bring the teachings into life on all levels. The combination is both powerful and moving and always motivated by love and inner guidance of the individual soul resonance.

Transformational Kinesiology gives the power and insights over to the individual for it is truly what they understand about the process which heals them. The personal revelations of the old and limiting core beliefs are facilitated in a gentle way and the philosophy of Transformational Kinesiology emphasises the role of the operator to allow unfolding without any personal interpretations or leading of the client.

The in depth communication between the personality bodies is related to the esoteric

teachings which help us re remember the soul purpose.

### **Healing mechanism of Visualisation**

The healing mechanisms of Transformational Kinesiology in the first two workshops specifically work with visualisation. Among other methods of healing for the balances later include, sound, colour and fragrance and movement.

The following information comes from Psyche and Psychism by Torkum Saradaryan.

"Visualisation is a technique to come into contact with energies and impressions from higher sources. The centres of the higher mind translate these energies and impressions into visual ideas. Creative imagination provides the ability to appropriate these ideas into the human need in various fields. Creative imagination differs from imagination which is based in the emotional or astral realm. Discussion of the different bodies shall be dealt with later.

However when creative ideas of the higher mind are brought together one creates a great power of magnetism. This magnetism draws mental energy and manifests itself as thought forms. Visualisation starts the moment a human translates their impressions into ideas and changes them into thoughtforms to be used on different levels and different fields of human endeavour."

There are many specific and disciplined aspects to creative imagination for the manifestation of the proper energies for the appropriate purposes.

Transformational Kinesiology uses such creative imagination to awaken the spark of consciousness needed to align oneself with the different aspects of the human journey to become a soul infused personality.

Understanding the difference between the esoteric teachings in relationship to personality and soul are outlined in the seven rays section.

### **The Process.**

All Transformational Kinesiology balances are aimed towards balancing for specific goals. Goals need to be achievable, personally based and positively framed..

Establishing parameters around the process is important. Willingness and benefits of change need to be cleared before in depth verbal

checking commences in conjunction with the specific balance . Visualisation, action and physical challenges are incorporated into the set up procedure to provide more conscious awareness of change.

Core beliefs are noted and reframed positively once the balance procedure is complete. So profound are the changes, people often feel immediately different and support and follow up work is usually advised.

### **The Esoteric Healing Principles.**

The predominant healing principles used in Transformational Kinesiology are the following:

The Seven Rays - Physical, Emotional, Mental, Personality and Soul.

The Constitution of Man - The Physical/ Etheric, Astral, Lower and Higher Mental

The Senses - Touch, Taste, Sight, Intuition, Intelligence, Hearing, Smell

The Seven Centres - Crown, Ajna, Throat, Heart, Solar Plexus, Sacral and Base.

Pranic Reception - Splenic Chakra and Auric influences

Miasms - Arian, Atlantean and Lemurian.

Correspondences between these influences is paramount in understanding the interrelationship of the human being to the different levels of consciousness and the effect this consciousness has upon the wellbeing of the body mind spirit complex.

The following pages include a brief treatise on these aspects of multi dimensional healing with references taken largely from respected Esoteric Science texts. Full appreciation of the Transformational Kinesiology model requires individual study of the texts to gain an understanding of the background to the balances and to incorporate aspects of the work into our daily lives, meditation being just an example.

I have been studying different aspects of the esoteric, energetic and new age principles for most of my adult life. I personally find the balances I have experienced through Transformational Kinesiology to be exactly as it is : Transformational.

## **Grethe Fremming and Rolf Hausboel – Originators and Developers of TK**

Grethe Fremming and Rolf Hausboel have between them an enormous depth of understanding of the work and are actively seen to continue their research and study whilst incorporating the teachings into their lives daily.

They teach worldwide and the courses range from Inner Leadership 1 and 2 through to TK 1 – 7. Grethe has developed a unique healing model called Systems Energy Evaluation 1 and 2, combined with Transpersonal Psychology 1 and 2, which bring the facilitators' role more closely connected to the different aspects of energetic and physical health. This system is totally specific and requires a high level of personal integrity and discipline in its application.

Grethe and Rolf have run a teaching school in Kinesiology in Denmark for more than ten years and now have begun to develop Polaris, a beautiful property set aside in the country for their special work and trainings. It has been an honour to have them as my friends and teachers, and I am ever thankful I met them both on the Faculty of the International Kinesiology College, of which Grethe is currently President.

Their work in Australia is ever growing and I find the commitment to teaching and working with TK in my practice, provides me with results that create permanent change in people and their lives and in mine. TK 1 – 4 is government accredited as part of the diploma and advanced diploma curriculum of The Kinesiology College for Energetic Sciences, of which I am co – principal.

Transformational Kinesiology brings the teachings from the books into the life.

### ***The Major Miasms***

Disease is disharmony. Disease is a form of activity. When the miasms break down the aura is cleansing. Consciousness or the blocking of such creates disturbance in the lower vehicles, resonating through the chakras, senses, and auric fields. The crystallisation of such disturbances develops into the physical symptoms we call disease. There are five major groups of disease however the three discussed here affect the average man.

These groups are divided into what are called miasms. The miasm is the inherited constitutional

condition that has a more general nature that genetic inheritance. It could be called the inherited consciousness of past races who have existed on earth.

With each race came development of consciousness and the awakening of the senses and chakras through the experiences and distortions of these past times.

There have been five major root races:

The Adamic The Hyperborean The Lemurian The Atlantean The Arian

The miasms have a connected psychology and our present civilisation is experiencing the effects of the lemurian, atlantean and arian miasms. We each have levels of effect from these miasms which in turn can prevaricate into concrete symptoms.

#### **1. The Lemurian Miasm - Syphilitic - Old Shocks**

Involves the mineral kingdom, the physical body, the sacral chakra, and reproductive organs. The psychology relates to fear, over expression and overuse. It was the beginning of self awareness and tribal expression in mankind for basic survival and reproductive mechanisms. The setting of boundaries for consciousness and the prevention of invasion and attack are key points. Respect for the self, right times and cycles is the cure. The third ray of active intelligence provides insight for change.

#### **2. The Atlantean Miasm - Cancer - Ownership and Desires**

Involves the mineral kingdom, the astral body, the solar plexus chakra, the liver, pancreas and nervous system. The psychology relates to irritation, desire and the damming of sexual expression. Desire for love from others, and the tragedies of life are often played out in this miasm. Fantasy and imagination create distortions of reality creating a sense of pity for oneself and feeling alone. Taking personal responsibility for ones reality and setting goals are the key points and right transmutation is the cure. The second ray of love and wisdom provides insight for change.

#### **3. The Arian Miasma - Tubercular - Old Decisions and Conclusions**

Involves the animal kingdom, the mental body, the throat Chakra, and the breathing apparatus.

The psychology relates to distorted thinking and worry. The illusions of the mental body and lack of expression or expressions of deceit play their part here. Guilt is the primary force as we starve our emotions and mental understanding. Taking inner stewardship for decision making, and making use of what has happened in our lives are the key points. Right rhythmic living and inner light is the cure. Ray 1 provides insight for change.

### ***The Seven Rays***

A Ray - is a name for a particular force or type of energy, with an emphasis upon the quality which that force exhibits and not upon the form aspects that it creates.

These Three Rays are the Cosmic level affecting the Cosmic manifestation.

Each Ray is ruled by a master of the hierarchy in the Divine Plan.

Each Force exhibits its quality to maintain the function of Manifestation on a Cosmic level.

### ***Cosmic - Solar - Planetary***

#### **The Cosmic Influence**

When Spirit and matter united the Soul or Consciousness was born.

The Seven Ray influence begins in the cosmic realm, where the seven ray stars of Uva Ursi exert their influence upon triads of the greater zodiac signs which in turn send energy to our solar system governed by the Sun. From there the Sun sends out the transmuted seven ray influence to the seven sacred planets and the five non sacred planets of our universe. The Rays effect the Cosmos, The Solar, the Planetary, and the four kingdoms of Earth: Mineral, vegetable, animal and human kingdoms all are assigned to have specific ray influences.

#### **The Rays of Aspect**

These rays Constitute the sum total of entire manifestation who rule the three aspects of mankind:

1. Will and Power
2. Love and Wisdom
3. Active Intelligence

### **Overview of Each Ray of Aspect**

1st Ray - Will and Power - Controller / Destruction / Renewal - Governed by Morya

2nd Ray - Love and Wisdom - Master Design for Love and Wisdom, Solar logos, governed by Bodhisattva or Christ also known as Maitreya

3rd Ray - Active Intelligence - Active Creator, links with matter to manifest, active intelligence and main influence on humanity. Governed by Maha Chohan.

### **Overview of Rays of Attribute synthesising from the 3rd Ray**

4th Ray - Harmony though Conflict

5th Ray - Concrete Knowledge and Science

6th Ray - Love and Devotion

7th Ray - Ceremonial Order and Magic

### **The Solar Influence**

Our solar system is currently under the solar influence of the second ray of Love and Wisdom and all rays are tinged with this quality.

### **The Individual Human Influence**

The human being has a personality ray and a soul ray and rays which influence the physical, emotional and mental bodies. Ray wakeup is not to be defined as a character analysis but more how we as individuals can draw energies from the rays or how we are sensitive to their different energies. The personality ray can be likened to the ego and the soul ray may be likened to the higher self. The experience of life or lessons as it were, are ultimately meant to bring the personality experience in line with the soul ray to achieve our life and soul purpose. The lower mental, emotional and physical bodies make up the personality body. The Soul ray exerts its effect on the personality for alignment. Core beliefs and distortions of the personality create barriers between this alignment and ray combinations can further impede or facilitate this progress.

### ***The Senses***

#### **Constitution**

The Constitution of man is sevenfold in nature. Each body has seven levels connected to it. These bodies are the Physical / Etheric, Emotional / Astral, Lower and Higher Mental, Intuitional, Atmic, Monadic and Divine. Each

body is divided into seven levels each. The seven levels within the human body relate to the senses.

They are hearing on the physical etheric, touch / feeling on astral level, sight on the mental level, taste on the intuitional level, smell on the atmic level, manas on the monadic level and knowledge on the divine level.

### **The Bodies or Vehicles**

An average human has his physical, etheric, astral and part of the mental body built. Man needs to complete the mental body, unfold the chakras and coordinate them with each other and with the centres in the astral and etheric body.

The Physical body deals with the physiology and etheric gaseous components of mankind. The astral body registers all emotions and imagination and the lower part of the mental body registers all thoughts. These three lower bodies make up the personality body. Access to the higher mental part build a bridge to the soul aspect of the human being. The higher self as it were. To heal the physical we go up to the emotional body, to heal the emotional we go up the mental and to heal the mental body we look to higher consciousness. To coordinate all the lower bodies from the higher mental is to have a reached a heightened level of consciousness.

### **Chakras**

The chakras are connected to the senses as extensions and are instrumental in the development of consciousness. The chakras register impressions on the physical, emotional and mental planes. Chakras provide energy for the senses to function therefore chakras themselves are effected by their particular sense. Senses control the conditions of our personality vehicle. So seven senses must develop to achieve continuity of consciousness. Continuity of consciousness is constructing a network between the permanent atoms on each plane connecting the senses. The senses developed with the evolution of the five root races. General humanity access the lower five senses.

### **Correspondences**

Each centre on the etheric body is related to a sense on the physical plane. Similarly centres on the astral and mental planes are related to the astral and mental senses. Each sense is registered on the same plane in the different bodies and corresponds with one another at a higher level of consciousness. They register like a piano chord

through the octaves. Continuity of consciousness is achieved through a construction of such a network between senses, chakras and the self. The contact point between the planes and the world are the senses which are connected via the network of bridges from the higher mental and the self.

The Senses also correspond with glands, rays and initiation levels.

It is clear stress affects the senses however the correspondences of the affected sense goes deep into the physiology and energetic structure of the body. Whilst impaired to some degree, effects the evolution of consciousness if the sense has been closed down through the psychology of the personality.

### ***The Chakras ~ The Seven Centres***

#### **The Structure**

“The Etheric body is a body composed entirely of lines of force and of points where these lines cross each other and thus form centres of energy. Where many lines of force cross each other, you have a larger centre of energy and where great streams of energy meet and cross, as they do in the head and up the spine, you have seven major centres. There are seven such, plus twenty nine lesser centres and forty nine smaller centres known to esotericists.” P.O.T page 37.

These lines of force are known as nadis and where they cross 7 times = acupuncture point, 14 times = major acupuncture point, 21 times = minor chakra and 49 times = major chakra. The major chakras are found along the spine, the neck and above the head.

#### **The Ray - Psychological - Physiological Connection**

Base - Fourth Ray - The will to live / Adrenals

Sacral - Seventh Ray - Relationships and sexuality / Gonads

Solar Plexus - Sixth Ray - Desire / Pancreas, Liver, Gall bladder, Nervous system

Heart - Second Ray - Love and Goodwill / Heart, Thymus, Vagus nerve, Circulatory system

Throat - Third Ray - Creative expression / Throat, Thyroid, Bronchials, Lungs, Alimentary canal.

Ajna - Fifth Ray - Insight / Pituitary Gland

Crown - First Ray - Higher Consciousness /  
Pineal Gland.

### **Philosophy of Unfoldment**

Universal energy or prana is transduced through the chakra system which feeds secondary energy into the nadis which form meridians which feed the physical body with this energy force. Bringing in primary energy and transduced as secondary energy is a usable form keeping the vehicles united healthy and alive.

The chakras exert the primary force upon the evolution of the soul and these centres are both affected and disabused by the consciousness. The awakening of these forces and the integration of the chakras is dependent upon the sincerity of purpose, compassion and serenity whilst subjugating the emotional body and enlarging the mental. This cultivates the habit of abstract thinking, therefore the desired result of awakening will be produced from necessity and danger of premature unfoldment without suitable consciousness can be avoided. The energy of the chakras deal with the kundalini three fire aspect of man and therein hold their power. The chakras are the key force for spiritual evolution.

### **The influence of the Vehicles or Bodies**

The balance or imbalance of the lower personality bodies directly affects the functioning of the chakras. Through correspondence our bodies are affected by our influences of attachment and so on. The chakras are linked to these influences. Therefore balancing these bodies aligns with the associated chakra influenced both by the physiology and psychology. Synchronisation is mentioned again as each of the seven rays is connected to a particular chakra thereby providing a balancing influence or a disruptive influence depending upon the personality factors versus the soul influence.

### **Pranic Reception**

#### **What is it ?**

Prana is the source of universal energy available for nourishment of the body mind spirit complex. Solar Prana comes from the sun, planetary energy is what the earth takes in and gives out into form for all the kingdoms. One way prana is absorbed is through the splenic chakra situated behind the left shoulder blade forming a triangle with two lesser chakras. Prana can be seen in the

human health aura. The clarity or density or quality of colour of the emanations transmitted can be attributed how the prana has been used in the body. Clear colours resonate a healthy aura whereas darker murkier colours may be attributed to health problems. The colours are known to have significant correlations.

#### **How it is used.**

How our constitution processes prana can indicate the level of effect our consciousness has on our energy. Releasing stress around goals gives us greater ability to use pranic energy. Prana is released to all the other chakras meridians and organs. It gives energy to the lower bodies. The better utilisation the more vitality we experience. Other ways of absorbing prana is through the breath and our food.

#### **Role of the Etheric Body**

It is primarily the function of the Etheric body to receive prana, assimilate prana and transmit prana. The pranic emanations of the sun are absorbed by the Etheric body via the splenic chakra. Prana may be defined as the life essence of every plane in the sevenfold area which we call the cosmic plane. The health of the Etheric body is essential for absorption, assimilation and transmission of prana. Imbalances in the vehicles diminish this capacity.

#### **Measurement**

Prana is often measured before and after balances to chart increased availability of prana. We shut down pranic intake when we are sick. We may have an inability to tap prana due to unhealthy lifestyles or an over ability to tap prana which exhausts and depletes the system.

- 1 - 20 sick and dying
- 20 - 40 fatigued and no will
- 40 - 60 depressed
- 75 - 90 up and down but coping
- 90 - 100 energy needed to teach and heal.

#### **Seven Rays and Personality Influences**

The seven rays influence the personality vehicles therefore we identify positive and negative characteristics of the associated ray to the goal by looking at the ray symbols. Virtues to be acquired from the ray open us up to receive increased use in prana. .

"Leading to" provides us with the souls' direction. The personality distortions can be

directly linked to aspects of the seven rays. The personality body under stress obviously uses more prana as the density of the vehicles increase. Imagine the personality body being like a lake with colour infused through it. The colour retains its original beauty. If the personality through distortion creates muddied water the healing colours also change their quality, more is used and emanations into the aura are sullied. Pranic reception determines our constitutional level for energy use and maintenance of health. Absorption and use can also be determined by genetic, environmental and metabolic problems.

## *The Aura*

### **The Three Auras**

The Aura is composed of the emanations of the Etheric body and this embodies three types of energy for which you are responsible. The health aura which is essentially physical, the astral aura which is a more dominant factor and the mental aura which is smaller but develops quickly. We are striving towards the emergence of the mental aura to dominate where the soul creates a higher and more profound sensitivity to replace the emotional aura. We all live our lives immersed in this auric field and that of others. Every living thing emits an aura. The earth emits an aura. The aura is essentially radiatory and extends from each substantial vehicle in every direction.

### **Impressions and Crystallisations**

The aura registers 'impressions' and is the agent of its response. It is the aura which predominantly creates the effects we have upon our world. The emotional vehicle has an overwhelming influence upon the aura as we cannot suppress feeling while thinking. It is a true and perfect picture of our evolution. We hold crystallisations of karmic experience and reactions in the auric field which may eventually manifest in the physical body as disease. Calming the aura creates health. Colours are known to be the vitamins of aura.

The health aura is the prana left over that sits close to the body. The whole aura has an Etheric link in the physical. It is difficult to differentiate the auras. We need to discriminate what we see. The more prana we take in the larger the aura.

### **Karmic Influences**

The Karmic link is held in the Akashic records of the permanent atom in the mental unit. This

record influences our current perceptions of this lifetimes events. The mental unit registers the conscious part of us and registers insights. Activating the Law of Love helps clear the karmic influences from the aura.

The need is to clearly dissolve the crystallisations in the aura through reliving and recreating past negative experiences, acknowledging the insights and gifts received from the experience so we can cleanse the karma and choose to move on. Karmic patterns essentially are repeated and insights brings the choice to take another path.

Our life will no longer need to register these old patterns in the permanent atoms and we have increased consciousness towards our soul purpose. Altering the permanent atom in our current life does radically alter our health, emotional and mental auras.

The sphere of radiation from the aura clearly affects all with whom we come in contact. How we see the world is veiled by the aura tinged with the glimmers of the emotional body and the illusions of the mental body, whilst the physical body suffers the effects of manifested crystallisations of disease and ageing.

In the books of Leadbeater he has many colour plates which illustrates the different auras and their associations to the different vehicles. He distinctly shows the effects of thoughts, emotions, feelings and music upon the aura.

## *The Multi-Dimensional Healing Model.*

### **Bringing it all together.**

Transformational Kinesiology utilises these multidimensional principles of healing throughout the entire training of courses. By setting the goal, psychic energy is attracted to the balance so we can identify the core beliefs. The core beliefs hold their impressions in the physical/ etheric, astral and lower and higher mental bodies. The correspondences between the psychology, the miasms, the chakras, the physiology, the senses, the glands and the rays activate the distortions on a multidimensional level. As always the healing is within and the balancing procedures which co-ordinate within these dimensions are of crucial importance, so the client is aware of the effects at these levels.

The activators of physical and psychological problems are often centred around:

Fear - past oriented .  
Irritation - present oriented.  
Worry - future oriented

### **The Client**

The in depth verbal checking by the facilitator investigates the correspondences and weaves together the fabric individual to the personality conflict. Once we have become aware of the conflict we need to speak without blame and look at the roles the physical, emotional and mental bodies play in the problem. Acceptance of the actions and consequences can set up the solution as a cause for change. The Will to be a Cause and not an effect, is the way to the future and setting common goals for the common good. It is assumed the goal is set by the best part of us and the goal says the client will go for it.

### **The Facilitator**

The role of the facilitator is to search for the highest quality, be open, listen and be surprised. By adding muscle monitoring to conscious discrimination, the facilitator can remain firmly based in experience, knowledge, common sense and compassion whilst observing without judgement. The role calls for preparation on all levels and an assurance of appropriate levels of prana for self maintenance and protection. We do have little access to the truth, so truth is how we individually see it based on our programming. Realistically we need to suppose that we can provide tools of change for creating new belief systems to replace old core beliefs. This tool is only relative to the frequency we can access and is by no means the end of the process for ongoing change.

### **Conclusion**

*"Change can only occur when a person has sadhana. This is a Sanskrit word for self*

*actualisation, self realisation, self manifestation or becoming oneself. Knowing is becomingness. All knowledge about the vehicles of man or about the essential core of man does not offer any help unless we strive to be who we are. Through dis identification from things with which we want to identify, can we return to our true self. Observation is a great tool if it used correctly. As you see what you are, you become more yourself, and only becoming more yourself gives you the power to master all that you are not."* Tokum Saradaryian.

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