

# THE HEALTH KINESIOLOGY SYSTEM<sup>1</sup>

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## INTRODUCTION<sup>3</sup>

### SOME HEALTH KINESIOLOGY HISTORY

After earning my Ph.D. in Physiological Psychology at the University of North Carolina in 1966, and spending four years doing research at the National Institute of Mental Health in Bethesda, Maryland, I found myself on the faculty of the University of California Medical School, first at the Davis campus, later at the San Francisco campus. During this time I published over 30 research papers in scientific and medical journals and developed an international reputation in both sleep research and biofeedback research. Of course my scientific training included maintaining a skeptical attitude, careful clear thinking, evaluation of available facts, and disbelief of anything not “scientifically proven.”

When I first saw a demonstration of muscle-testing in the early 1970’s I was both fascinated and highly skeptical. Over the next few years I observed several more demonstrations, some at professional meetings. I found them interesting, but on the basis of those demonstrations, I did not see how kinesiology could be useful for me. In the meantime I made considerable changes in my professional life. While still at the University, I became licensed as a Psychologist and started a professional practice doing biofeedback and relaxation training with clients. I became increasingly frustrated with academic / medical school politics, so I left the University about 1975 to pursue my private practice.

As a result of working with my clients, I became more interested in what “health” really is. Clients told me stories about how they were getting healthier in ways not obviously related to what we were doing, and I began to analyze what factors contribute to health. This led me into nutrition work, among other things, and the formation of a new non-profit health education foundation. One of the evening lecture programs sponsored by the new foundation was—you guessed it—Kinesiology. We somehow made contact with Chris Harrison, a chiropractor and a Diplomate in the ICAK (International College of Applied Kinesiology). His excellent presentation made it clear how I might utilize these unusual techniques – if they really worked!. Chris suggested I begin learning kinesiology by reading some Applied Kinesiology material and taking the Touch for Health (TFH) class (at the time there was only one TFH class).

Even before I took the TFH Instructors class in 1978 I was creating new procedures, the foundation of Health Kinesiology. I had soon discovered that existing kinesiology techniques, although powerful, did not fill my needs. For example, I not only wanted to identify which nutritional supplements a client needed, but also exactly which product would be the very best for them. I wanted another way to assess the progress a client was making, independent of their own subjective report. I wanted to know the most important therapeutic program for my client. I wanted to know the best time to do a procedure. I wanted to know the source of their energy disturbances. And on and on and on.

I soon found ways to use kinesiology to obtain information directly from the “body.” At first I used it for nutritional testing. I stopped doing chemical hair analysis, because Kinesiology gave me equally valid information, on the spot. Nutritional supplement schedules became truly individualized, something we could only “guess” about otherwise. As a result my work became far more effective and popular.

My goals were to develop the most effective, robust, permanent methods for change that I could, using my scientific analytic training. With my new version of kinesiology I had a method

to compare procedures. I could determine which of two or more approaches was best, not just whether a procedure “worked.” I soon discovered that many commonly used techniques, although temporarily affecting energy, do not seem to have much lasting effect.

Because the methods I devised were so simple, I did not at first believe how incredibly powerful and effective they were. However, as I continued to work with my procedures, they demonstrated continued effectiveness. Within a couple of years I had fully developed the HK Paradigm—an approach which allowed me to discover any information I needed from the client’s own body to help them achieve greater wellness and functioning. Next was to systematize this material so that anyone could follow the same procedures and achieve comparable results. The basic structure of the HK System was in place by 1981. Since then many refinements and additions have been made, but the systematic, comprehensive, holistic approach is still exactly the same. Although careful readers will notice the philosophy underlying HK is similar to other, more recently published, material, HK did not “borrow” it’s attitude. Except for some concepts from Traditional Chinese Medicine, muscle-testing itself, and some uses of various energy reflexes (all pre-dating kinesiology, itself), almost everything else about HK is original, created by imagination, clear, careful thought, research, and thorough empirical and theoretical analysis. HK is unlike all previous kinesiologies.

HK has produced numerous innovations, many of which have now been incorporated into other schools of kinesiology. A partial listing is shown in the *HK TimeLine*, Figure\*\*\*\* below. However, HK remains original and unique, and I think it is the most comprehensive, powerful, effective system of kinesiology ever devised. HK offers an approach, a method of discovery, a way of thinking clearly and logically, a philosophy: *The HK Paradigm, The Health Kinesiology System*.

#### HK TRAINING

Most HK classes are four days long. The first five classes, called The Foundation Studies Classes, provide the basic materials needed to effectively practice HK. These classes carefully lead the student through successively more energetically difficult steps, each building on the other, laying a strong foundation for further development of skills and knowledge. This Foundation work generally takes about one year. With this initial training, along with the required experience (working on others plus HK work done by others on the student), a comprehensive written examination, and a practical examination, the student can receive Foundation Studies Certification. This Certification indicates that the student has demonstrated practical and theoretical knowledge of the basic HK skills and techniques. Throughout England all HK students may receive College Credit for their Foundation Studies.

The Advanced class series continues the work begun in the Foundation Studies, adding scope and depth to the HK menu. New material is added, giving the HK Practitioner a vast array of options to use as needed with any client. Not only are new techniques introduced, but also whole new approaches to analyzing what is needed by the client. The HK System is not a collection of recipes, but rather a dynamic and flexible system which allows for virtually every contingency. HK is a System which requires thinking ability rather than rote memory, skill rather than formula. Our best advanced students can literally handle anything.

Advanced Studies Certification is very difficult. It requires extensive experience (again, on others and self), difficult written and practical exams, learning other Kinesiology systems, extensive study in other related fields, and a Research Thesis. Also required are other HK classes such as Geobiology, Nutrition, Body Work, and Intrusive Energies. This work requires several years—a minimum of three just to attend the required classes.

Then there is the Master Consultant level. This person knows the trade secrets to making HKPapers™ and Life Transformers™; has many years of HK experience; has vast knowledge of

many fields; successfully handles situations which baffle everyone else; levitates; etc. Well, maybe not always the last item.

#### THE HK MANDATES

Several concepts are so basic to proper professional training and practice and ethical standards that we codify them and begin teaching about them in the first HK class. They are: *The Prime Directive, The HK Imperatives, and The HK Laws.*

#### THE PRIME DIRECTIVE:

*Maintain a Perfect Balance of Objectivity and Intuition & Validate Your Results*

#### THE HK IMPERATIVES

*Balance  
Clarity of Concept  
Permission*

#### THE HEALTH KINESIOLOGY LAWS

*We Always Do the Best We Can.  
There Are No Secrets  
Be Lazy  
There Is Always a Way  
We Set Our Own Limits*

The APPENDIX gives a full description of each of these concepts.

#### HOW DO WE GO ABOUT DOING AN HK SESSION?

When we begin an HK Session we have various available options. See Figure 1, *The HK Flow Chart*. First we ask *Conscious Permission* from the client. We will not work with anyone without this Permission. After Conscious Permission is received we *Meridian Energy Balance* (MEB) the person. Our unique MEB procedure is described below. We will work no further unless the person is properly meridian energy balanced, because we have shown many times that the responses of an unbalanced system are different from the responses in a balanced system. We have no need for “pre-tests” because all those phenomena are characteristics of an unbalanced system. After complete balancing (all meridians & all muscles, which usually takes only a minute or so) we ask the body for *Energy Permission* to work. Without this Energy Permission to work we will continue no further. There is a reason the body does not want to do energy work at this particular moment and we honor that.

Our next decision is how we are going to approach the next thing to do with this person. We make sure Energy Permission is granted for any option indicated. We muscle-test to determine the body's preference of five major options:

1. *Body Priority*. We do whatever next item the person's body <sup>1</sup> wants. This might be an allergy correction, determining how much rest they should get, reducing some specific psychological stress, working out nutritional supplements, doing HK Body Work, or whatever.
2. *Issue Analysis* has two subcategories. Both involve the use of *Facets*, which are designed to make certain that no aspect of the Issue be overlooked, as we must muscle-test to ascertain each component of the Issue necessary for complete correction.

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<sup>1</sup> BODY means the physical body and all the associated energy bodies and structures.

A. *Client Specified Issue Analysis*. The client tells us what they want to work on. My neck is sore. I'm unhappy at work. I don't sleep well. Anything. Many Client Specified Issues are surface, help-me-feel-better now Issues.

B. *HK Tested Issue Analysis*. Clients are often unaware of deep Issues, so our HK method of testing to determine Issues has great power. It takes proper training and experience to develop the skill to do this most effectively and powerfully, while not imposing "stuff" on the client. A skillful Health Kinesiologist can get right to the root cause of the most important Issues a person has even though that person is unaware of the underlying processes. This allows the person to undergo profound changes rather easily.

The *Facets* are:

*Cause*. This is *not* the actual cause of the issue, but rather what must be corrected in order to correct the result of the cause of the issue. We can never really be certain of the actual cause itself.

*Process*. This is what is usually thought of as the ongoing issue itself before more thorough analysis is done. If the other facets were not considered this facet would generally be the one considered.

*Effect*. What are the effects of this issue on the person? This is not the process itself, but rather includes whatever happens as a result of the presence of the issue.

*Repair*. The process may cause certain things to happen, but this facet has to do with what is needed in order to repair the resulting damage, rather than correct the issue itself.

*Symptom*. Since symptoms are not what is wrong, but only the result of what is wrong, if only the process is corrected then what has happened as a result of the symptoms may be overlooked.

3. *Meta-Analysis*. A different way of approaching the energy functioning of the person. This analysis uses the subtle energy bodies as a starting point, and determines various qualities about each subtle energy, including their degree of functioning, integration, blocking, coherence, etc. These measures are applied to each subtle energy body and also between the various bodies. These results of these measurements are used to determine how to do the appropriate corrections.

4. *MPQ Matrix*. Still another way of approaching the energy functioning of the person. In this case there are 16 Measures of the energy flow through the system, which have any of 14 Patterns and 15 Qualities. A correction consists of an M, a P, and a Q. This means there are at least 3360 *totally different* possible corrections! Approximately one-third of these are already known. With the HK Paradigm it is not difficult to determine each possible correction, but it is time consuming! These MPQ Matrix categories are shown in Figure 2.

Even though there are different approaches, they all are just various ways of determining which energy patterns in the person need some work. For example, *all necessary* corrections can be accomplished with the first approach alone (Body Priority), if the Practitioner is aware of enough concepts. (All *Priority* determination is limited to the things the practitioner knows or can imagine.)

After one of these five approaches is determined, the details are worked out. Whichever of these approaches is used, the same six categories of *Factors* are involved. A *Factor* is a

specifically defined procedure, structure, or construct which immediately lets us know exactly what energy work to do. These six categories of Factors are:

#### ADJUNCTIVE FACTORS

These are not energy corrections but rather Factors which support the life and activities of the person. Included here are diet and nutrition, exercise, sleep, rest, work, play, leisure activity, habits, attitudes, body work, the need for social interaction, and so on.

#### ENERGY CORRECTION FACTORS

Probably the most powerful work of all involves the correction of “broken” energy pathways. The Energy Correction Factors are the core of HK. These are what allow HK work to help produce very profound and permanent change. HK energy corrections are simple, easy, and powerful. Factors include Psychological (Structures, Processes, and Critical Life Concepts, with many types), SET™ (allergies, intolerance, and detoxification), Temperament, Age Identity, Energy Flow Balancing (sensory and cognitive functioning), Cultural Demands, Psychophysiological (mind – body connection), Tissue Energy Blocks, Unification Structures, and The Energy Control System (the part that regulates the flow of energy rather than the energy itself). The Points / Operations Matrix is a process which allows the generation of any energy correction, however unique. The P/OM is discussed below. Many HK energy corrections operate specifically on metabolic functions. We believe we can make specific metabolic changes in the cell nucleus, cytoplasm, organelles, membranes, etc. by use of the different energy correction factors.

#### ENERGY TONING FACTORS

Physical exercise tones the muscles. Using a pathway strengthens it. Energy Toning strengthens the functioning energy pathways. “Broken” energy pathways must be corrected first, before they can be strengthened, as they work poorly or not at all. “Turning on” an unused energy pathway so it can be strengthened is not the same as an energy correction. Homework exercises are commonly used here. Affirmations, Visualization, Meridian Tracing, HK Energy Toning Movements™, Life Transformers™, Reactivation, Emotions Training™, and Energy Practice are the common Factors.

#### ENERGY REDIRECTION FACTORS

Even though the energy system is capable of doing something it might not do so. Sometimes it must be instructed to find another energy pathway (which is operating perfectly well but habitually unused). We can instruct the energy system to Redirect the energy flow for a specific purpose. Energy Toning and Energy Redirection can produce some very rapid results, because they relate only to energy functioning rather than physiological functioning. Physical body changes are by nature slower than energy changes. Factors include Focused Energy Redirection, Tissue Energy Modulation, and Energy Reaction Transformation.

#### ENVIRONMENTAL FACTORS

Geobiology, electromagnetic fields, environmental toxins, light, sounds, the quality of the living and working space, Intrusive Energies, are examples of the Environmental Factors HK addresses. Environmental stresses can devastate the energy system, literally breaking down the structure of the energy system and preventing permanent

improvement. In severe cases (common!) regaining health is impossible unless the environmental factors are corrected.

This next category is not a set of Factors, but is used within many factors, including energy corrections, adjunctives, energy toning, and the others.

#### TOOLS

Many “tools” are used in HK. These can simplify corrections and make the entire energy work process more powerful and efficient. Tools include aromatic oils, woods, essences, homeopathics, magnets, colored lights, Life Transformers™, de-magnetizers, chemical elements, and sounds, and many others.

After we do whatever comes up from the menu, we go back to the beginning and repeat the process with a new Item or Issue. Before we finish a client session we always test to make certain it is OK to stop where we are, and to determine if the client has any home work, or practice to do before the next session.

Lets suppose the Energy Correction Factor came up next. We then would determine which factor — SET, TEB, Psychological, etc. If Psychological is the specific Factor, we then have three categories to consider: Structures, Processes, or Critical Life Concepts. If Psychological Structures is the proper category we have some 25 different options (plus a number of variations). We then ask which Structure. Knowing that we have narrowed the possibilities to only a few, and we can quickly determine the precise wording of the item. One of the qualities of HK is the precision with which we work, as that produces more robust, deeper corrections. Having determined the precise item we tst which reflex points to use for the correction. The person, in this case, thinks the item while we do the reflex points to produce the correction. Always sfter the correction is completed we retest the item to demonstrate completion.

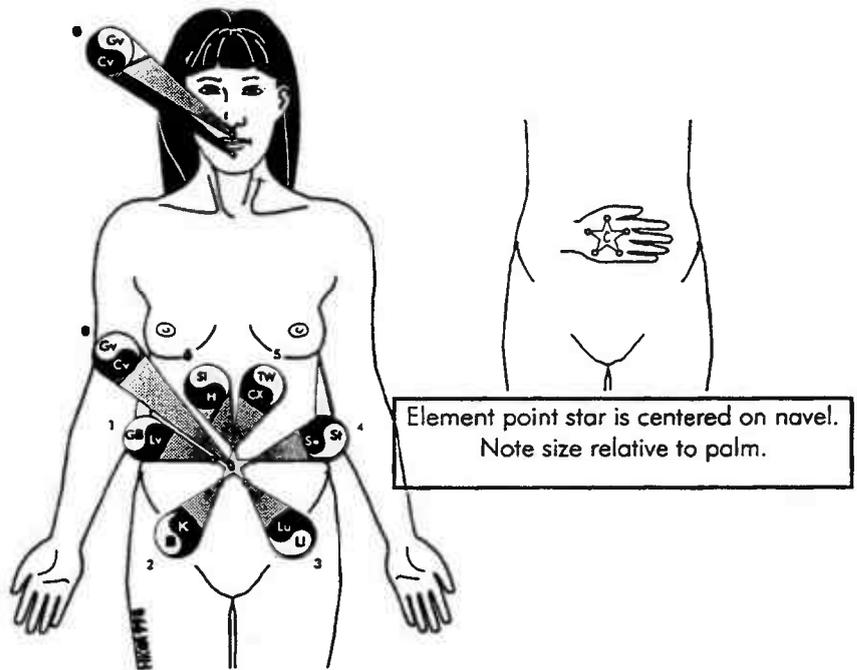
All this description of the various components of the process makes the procedure seem complex. It is not. Briefly, we meridian balance, obtain permission, determine the stressful item, do the correction, and then repeat the process for the duration of the session. It is that simple and very easy. With our systematic approach to determining the items, even novice students can produce amazing results with ease. There is not sufficient room here to describe all aspects of everything HK does, so suffice it to describe how HK does meridian energy balancing.

Early on I discovered that it is easier if we work on meridians in a particular sequence. I found, furthermore, that, for initial balancing, we (usually) only have to do one element (both coupled meridians) in order to balance all the meridian system. There are no pre-tests of the like, because those things are simply reflections of an unbalanced meridian system. They disappear when we fully balance the meridians. The whole process usually takes less than a minute.

This is the HK sequence:

HK SEVEN ELEMENT SEQUENCE								
ELEMENT		0	1	2	3	4	5	6
Meridian	yang	Gv Governing Vessel	GB Gall Bladder	B Bladder	LI Large Intestine	St Stomach	TW Triple Warmer	SI Small Intestine
	yin	Cv Central Vessel	Liv Liver	K Kidney	Lu Lung	Sp Spleen	Cx Circulator Sex	H Heart

These elements are represented by reflex points around the navel. When one of the points is touched any functioning indicator muscle will unlock. These navel, and upper & lower lip reflexes are:



We simply lightly touch each reflex point in turn, and test a functioning indicator muscle until we find the first reflex which unlocks the muscle. This tells us which element to balance. In order to determine how to balance that element we use our *Reflex Evaluation Points*, REPs. We next touch each REP, in turn, until we find what weakens the indicator. We now know which meridians and which reflexes to use for the balancing, all in just a few steps. For example, suppose element 3, LI/Lu, came up, along with the neurolymphatic REP. We then do the NL's for both LI and Lu meridians. This process virtually always balances all the meridians at the same time. All "weak" muscles are now strong. The REPs are overenergy test points. Here are the REPs.

Health Kinesiology is an extremely extensive system, even though each component itself is simple and easy to do. Some of the major keys to how HK works include:

- Empirical Structure. Things are included only when they work better than something else.
- Theoretical Development. Concepts about where, why, and how energy is.
- Extensive use of proper verbal questions.
- Carefully Systematized and structured. Menu system.
- Open Ended. HK grows as knowledge grows.
- Unlimited Scope. Truly holistic.
- Capability of comparing procedures and methods. Only robust methods are used.
- Iterative process. Everything is checked; more added if necessary.

The above is only brief introduction to Health Kinesiology. Our classes comprise over 90 days of basic instruction. This does not include other work such as anatomy & physiology, etc. We do not have classes focusing on specific topics such as relationships, learning disorders, allergies, etc., because once students understand the HK System they easily learn how to apply our procedures to any topic. We work on energy, as applied anywhere.

## APPENDIX

### THE HEALTH KINESIOLOGY SYSTEM TIME LINE

(Abbreviated)

YEAR	DATE	EVENT
1978	mid	HK development began
1978	mid	Discovered "Yes" & "No" reactions
1978	mid	Began use of Verbal Questions
1978	mid	Using Kinesiology for testing dietary nutritional needs, supplement requirements.
1979	early	Began using Menu System
1979	early	HK Paradigm discovered, allowing development of the rest of the HK System
1979	mid	Began using Indexing and Percentage Scaling
1979	mid	First Phobia Correction, based on Systematic Desensitization
1979	late	Began development of Psychological Corrections and Structures
1980	early	Developed SET corrections (allergy)
1980	early	Recognized that energy corrections required deliberately induced stress
1981	mid	First deliberate SET <i>Candida albicans</i> correction
1981	mid	First HK Class
1981	late	Began using homeopathic materials for corrections with SET
1981	early	Tree Logo adopted
1982	late	HK Energy Model formulated
1982	mid	Health Kinesiology name formally announced
1983	mid	<i>Energy and Allergy</i> was published
1983	mid	Began to use "law of 7 elements"
1984	early	Points / Operations Matrix: Began using simultaneous multiple components for balancing: aromas, essences, homeopathics, magnets, light, sound, wood, etc.
1984	mid	HK Energy Model first presented at TFH Meeting
1985	mid	Distinguished Surrogate Testing from Substitute Testing
1985	mid	Developed Surrogate Corrections
1986	early	HK Allergy / Tolerance Tapping developed
1987	mid	Began Geobiology work
1988	April	<i>Cure Your Own Allergies in Minutes</i> was published
1989	mid	Differentiation between Energy Corrections, Energy Toning, and Adjunctives
1991	mid	Developed the "Hand-over-the-Navel" balancing procedure
1993	early	Differentiation between Energy Redirection and other Energy Factors
1998	early	Appointment of HK Board of Advisors

#### THE PRIME DIRECTIVE:

#### **Maintain a Perfect Balance of Objectivity and Intuition & Validate Your Results**

##### *What is Objectivity?*

It is the capacity of observing what is, rather than finding what we expect. Objectivity is the ability to test with a truly open, educated mind, free of the influence of expectations. When we are truly objective we can expect a result but easily find the opposite.

### *What is Intuition?*

The ability to KNOW what is. The inspired hunch. The ability to know more than you have ever been taught. True intuition is a mental / spiritual ability, untainted by expectations, fears, desires, preferences, beliefs. When you have trained yourself well, ask the right questions, and are open to Truth, you are in position to receive intuition. However, you must be able to demonstrate your intuition is valid.

### *What is Validation?*

Using cross-checks to confirm your results. Observing your results carefully. Finding opportunities to compare your results with other able and experienced energy workers. Finding agreement with results from other, totally different, approaches.

## **THE HK IMPERATIVES:**

**BALANCE**

**CLARITY OF CONCEPT**

**PERMISSION**

### *What is Balance?*

Balance is the smooth, even flow of energy throughout the meridian system. Before we do any further work we always ensure complete meridian energy balance. *Only then* can we be assured our work is precise.

### *What is Clarity of Concept?*

Clarity of Concept is the precise understanding of an idea. The quality of our test results is proportional to our *Clarity of the Concept*. We must *always* clearly understand exactly what we are asking and testing. The body's energy system always answers; however, the precision and accuracy depends upon the clarity of our concept.

### *What is Permission?*

Conscious permission is the person's verbal agreement to work with you. Energy permission, given through muscle-testing, is the confirmation that the person's body, mind, and energy system is ready, willing, and able to work with you now. Always obtain both levels of permission to work before you continue with the HK session.

## **THE HEALTH KINESIOLOGY LAWS**

### **WE ALWAYS DO THE BEST WE CAN.**

This means we do the best we can personally, and we do the best we can given any limitations presented by the person we work with or the circumstances. We do not settle for "just good enough" but always work toward the optimal. It also means we realize that other people are doing the best they can. If they "can't" do something we do not blame them. If they wish we will work with them to effect change.

### **THERE ARE NO SECRETS**

This means that: 1) Although we are able to test and obtain all sorts of information about people, we do not do so without their permission. We *do not* invade their privacy; and 2) We do not withhold any information from the person which we obtain through testing. If there is anything we do not want to reveal to them we should not obtain the information in the first place. 3) A well trained, experienced Health Kinesiologist will zero in on important, relevant information, whether or not the client is conscious of it or willing to volunteer it.

#### **BE LAZY**

Doing HK is very demanding both mentally and physically, so we do only what is necessary. We know how much work is optimal for us, and do not exceed that amount. When possible, we sit rather than stand. We are as efficient as possible when working out corrections, and we do not do unnecessary corrections. We honor our own *Life Balance* and take care of ourselves, maintaining a wholesome balance of work, play, rest, and sleep, along with proper diet and exercise.

#### **THERE IS ALWAYS A WAY**

There is *always* a solution to any problem, no matter how difficult or vexing it may first appear. Our own limits of imagination or belief are what keep us from finding a solution. If we think we cannot find a way, then look at the next Law. Not accepting this Law means we may not grow and develop optimally.

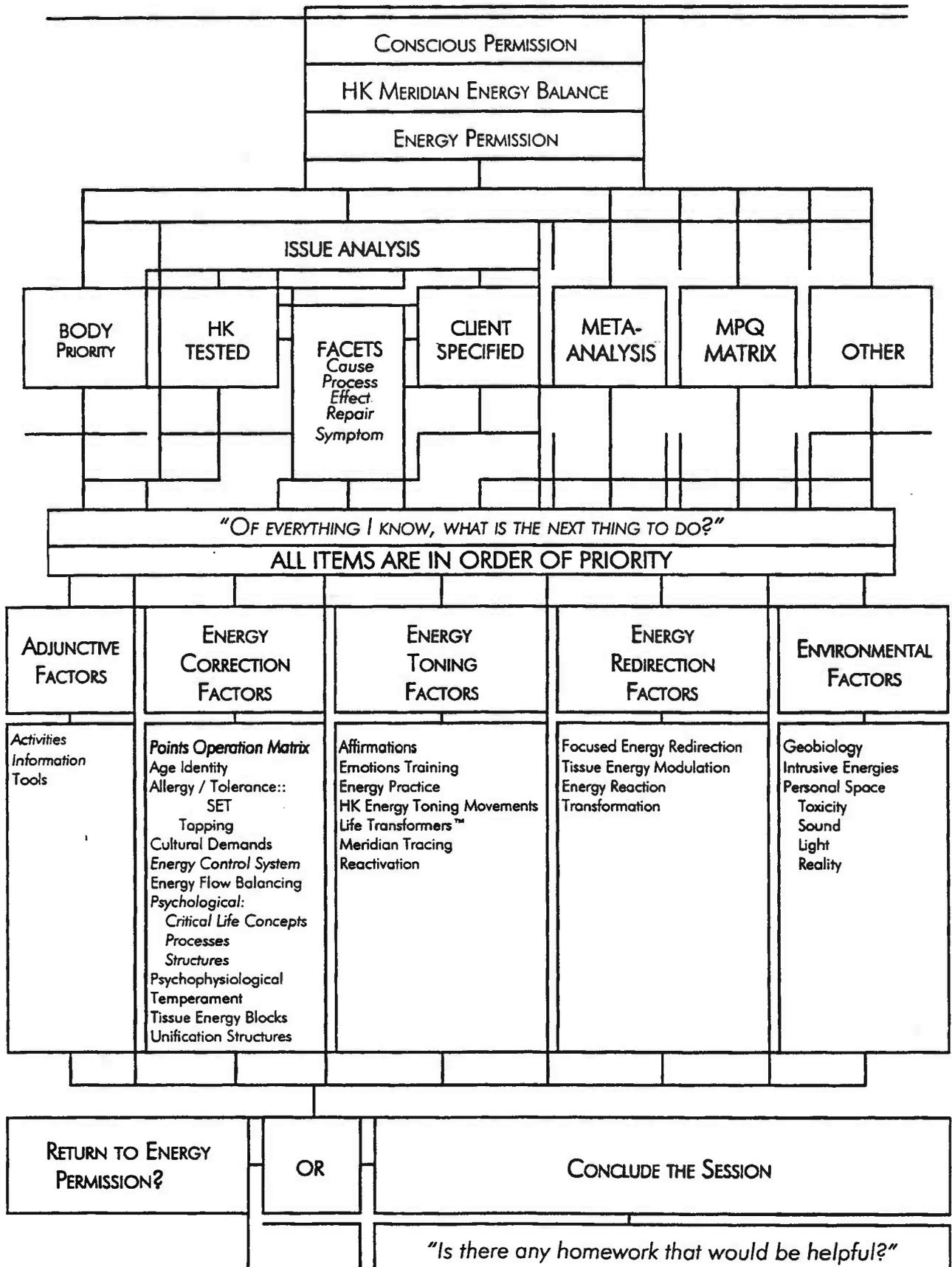
#### **WE SET OUR OWN LIMITS**

Our own beliefs and attitudes about ourselves and the real world are the biggest limits to our capabilities—if we think we cannot do something it becomes true. What we truly want and envision, we can accomplish.

# THE HEALTH KINESIOLOGY SYSTEM

## SESSION FLOW CHART

### STAGE 11



"Is there anything else to do before we stop?"  
 "When may our next session be?"  
 "Is there something to know about the next session?"

Figure 1

<b>MPQ MATRIX COMPONENTS</b>				
MEASURES			PATTERNS	QUALITIES
Abbr.	Measure	Location	Name	Name
C	Compare	Energy Control System	Clear	Authenticating
T	Tune		Confused	Blocking
I-M	Intake	Meridians	Defective	Bonding
L-M	Level		Developing	Distorting
FW-M	Flow		Fragmented	Entraining
FL-M	Fluidity		Hidden	Functioning
C-M	Coherence		Inverted	Integrating
TO-M	Transfer out		Mismatched	Interfering
I-T	Intake		Tissues	Natural
L-T	Level	Possessing		Limiting
FW-T	Flow	Prevent		Modulating
FL-T	Fluidity	Recognizing		Motivating
C-T	Coherence	Sabotaging		Stabilizing
C-I	Coupling in	Energy Control System	Variable	Strengthening
S	Strength			Utilizing
C-O	Coupling out			
MBEI	Mind to Body Energy Integration	Energy Control System	16 Measures X 14 Patterns X 15 Qualities = 3360 different corrections (approximately 1/3 are known)	
BBEI	Body to Brain Energy Integration			

Figure 2

## THE HK POINTS / OPERATIONS MATRIX, P/OM

From Webster's Unabridged Dictionary:

**matrix** [LL. *matrix, the womb, source, origin...from mater, mother.*]

1. *originally, the womb; the uterus.*
2. *that within which, or within and from which, something originates, takes form, or develops;...*

The Points / Operations Matrix is Health Kinesiology Energy Corrections in a nutshell. Almost all corrections combine reflex points with some kind of energy, whether from thought, body position, or sensory input. Knowing this underlying structure, your work is only limited by your experience and your imagination.

Many frequently occurring combinations of points and operations have been given names for ease of identification and communication. For example, by definition TEB's (Tissue Energy Blocks) are always "Self-Touch & Reflex Points"; Psychological items are always "Think & Reflex Points".

When P/OM comes up as the next priority, it means that the energy correction needed next is different from all the more frequent, named corrections. Some corrections that are done under P/OM will be similar to named corrections, but not exactly the same. For example, a magnet and a thought is not a named correction, but frequently appears under P/OM. Use the P/OM to work out these items.

The P/OM is a simple springboard for developing energy corrections. It is kept as spare as possible to make it very easy and flexible. It is not a system for categorizing HK corrections. For example, on a P/OM chart, "Psychological" and "EFB / CSEI: Thinking Mode" corrections look alike.

	OPERATIONS		Thin k	Self Touch	D o	Body Positio n	Traditiona l Sensory	Additiona l Sensory	Othe r
	REFLEX POINTS								
EP (End Points)									
NL (NeuroLymphatic)									
NV (NeuroVascular)									
SED (Sedation)									
ACT (Activation)									
MC (Mechanism Control)									
CD (Cultural Demands)									
...									
COMBINATIONS									
SPECIAL									

In this chart "..." refers to any type of reflexes or acupoints not listed, such as alarm points, ear points, Lo points, Lower Ho points, etc. "Combinations" refer to the use of two or more types of points simultaneously, such as endpoints plus neurovasculars. "Special" means otherwise uncategorized points, usually acupoints, such as bilateral H 3 plus Cv 6 together.

**THINKING:**

Internal mental activity: a specific thought, feeling, inner experience, imagination, visualization etc.

**SELF TOUCH:**

Touching one's own body with one or both hands, feet, or any other part of the body. Determine the specifics of how and where to touch.

**Do:**

This involves physical movement: walking, singing, laughing, swinging the arms, breathing in a special way (fast, slow, quick in & slow out, etc.), eye movements (opening & closing the eyes, looking from side to side, up and down, etc.).

**BODY POSITION:**

This is a static body position: sitting, lying down, standing on one foot, holding arms out to one side, holding a sideways twist, holding the breath (after inhaling / exhaling), eyes (shut / open / fixed in a certain direction). This includes the *kinesthetic* sense.

**TRADITIONAL SENSORY:**

Stimulating the physical senses with light, sound, smell, taste, touch (including touching something specific, being touched by someone specific or by anyone, or being touched in some particular way or place). Determine specifics: where to shine light on the body, how loud the sound is, etc.

**ADDITIONAL SENSORY:**

Energy input normally imperceptible to the five senses: magnets, Life Transformers™, gizmos™, flower essences, homeopathics, crystals, etc. Determine what the stimulus is and how / where to use it.

**OTHER:**

Anything not covered by the above categories.

The following charts depict some examples of P/OM energy corrections.

**Psychological:**

OPERATIONS	Think	Self Touch	Do	Body Posture	Traditional Sensory	Additional Sensory	Other
POINTS							

**Psychophysiological:**

OPERATIONS	Think	Self Touch	Do	Body Posture	Traditional Sensory	Additional Sensory	Other
POINTS							

**Energy Flow Balancing (Sensory Integration, sensory feedback):**

OPERATIONS	Think	Self Touch	Do	Body Posture	Traditional Sensory	Additional Sensory	Other
POINTS							

**Energy Alignment:**

OPERATIONS	Think	Self Touch	Do	Body Posture	Traditional Sensory	Additional Sensory	Other
POINTS							

- 1 Health Kinesiology began development in 1978 and was formally named in 1981. The term has been Copyrighted since then, along with the Tree-Logo. The tree shape is approximately the form of a super-ellipse, a mathematical construct often used in the design of parks, and the layout of streets, among other things.
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- 3 This paper is an abbreviated version of a full length document to be made available later.
- 4 Health Kinesiology began development in 1978 and was formally named in 1981. The term has been Copyrighted since then, along with the Tree-Logo. The tree shape is approximately the form of a super-ellipse, a mathematical construct often used in the design of parks, and the layout of streets, among other things.
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- 6 This paper is an abbreviated version of a full length document to be made available later.

Dr. Jimmy Scott, the founder and developer of Health Kinesiology, received his Ph.D. in 1966 from the Department of Psychology, University of North Carolina, Chapel Hill. He served on the staff of the University of North Carolina School of Medicine, the National Institute of Mental Health, Bethesda, MD, the University of California, Davis, School of Medicine, and Psychology Department, and the University of California, San Francisco School of Medicine. During that time he published over 30 research papers and developed an International reputation in the fields of psychophysiology, sleep research, and biofeedback. He has always operated on the cutting edge of knowledge and technology and has strong skills in creativity and critical thinking.

