

THE APPLIED PHYSIOLOGY APPROACH

by **Richard D. Utt**

Hello from Tucson, Arizona and the International Institute of Applied Physiology. This is Richard Utt to give you a perspective as a Touch For Health Board Member on the state of **Touch For Health** (TFH) around the world as I perceive its interrelationships with **Applied Physiology**(AP). The first thing I would like to announce is that all New AP Association Members (USA or International) automatically become members of TFH USA! We challenge all the other branches of the great Applied Kinesiology "tree" to participate in kind and support the root of all kinesiology, **Touch For Health**.

As I travel around the world I see TFH burgeoning by leaps and bounds with the support of people like Mac Wolontis in Sweden, Dominique Monette in Belgium, Alfred Schatz in Germany, Charles Krebs in Australia, Rita and Joël Prévost in Bern, Switzerland as well as many others. Being the core of kinesiology, Touch for Health has spread like wildfire throughout the world, including Asia and Russia. It is AP's intention to help TFH become a solid organization here in the United States where it originated.

I would like to thank all of the Applied Physiologists for their support and their continued support for TFH as it grows throughout the USA at the same rapid pace it is growing worldwide. I look forward to seeing you all in Orlando at the TFH Annual Meeting for a high powered collection of kinesiology potpourri. In health and love, I'll see you there!

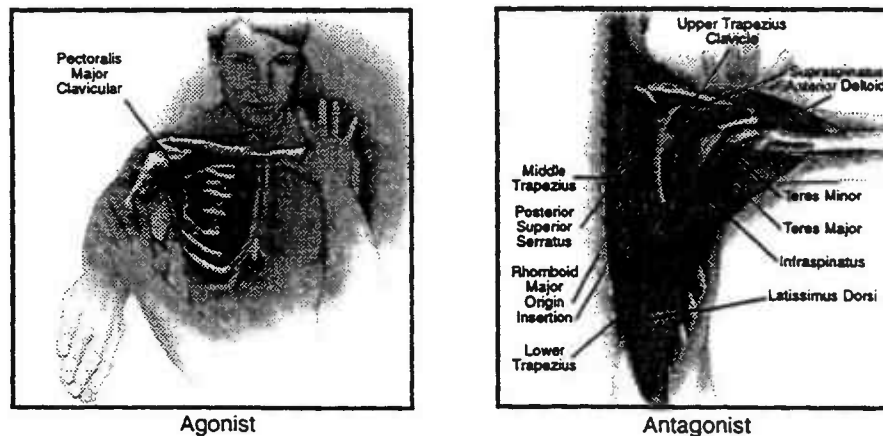
P.S. Don't you dare miss the First Annual Frank Mahoney Memorial Karaoke Blow-out. Bring your best voice and I'll provide the tunes, loony or not!

Richard D. Utt, President

International Institute of Applied Physiology

The Applied Physiology Approach

Applied Physiology (AP) is a living paradigm that can empower human beings, assist in healing the human body and nurture the human spirit because it provides a powerful holographic model that unites the physical body with the metaphysical body. The result can be physical homeostasis and spiritual harmony. It is often classified within the investigative and healing field as a type of Specialized Kinesiology because, as in many related disciplines that are classified this way, information about the body's energy condition and vitality are gathered through a series of muscle observations usually referred to as "*muscle monitoring*". Muscle monitoring addresses the way specific muscles of the human body respond to touch and monitoring methods. This is an avenue of communication, a common language you might say, between a trained **Stress Observation Specialist (SOS)** of **Applied Physiology** and the unseen biological and or spiritual world of a client. In **AP**, we use an advanced muscle-monitoring system that allows us to communicate with a specific neuroelectric circuit (*made up of agonist muscles, its synergists and its antagonist muscles, see Figure #1*). The "readout" we get from this muscle-monitoring conversation with the body allows us to rapidly "zero - in" on imbalances within the physical and metaphysical body, from the innermost workings of a single cell deep in the tissues of a vital body organ to the outermost forces of attitudes and thought-forms that motivate emotion.

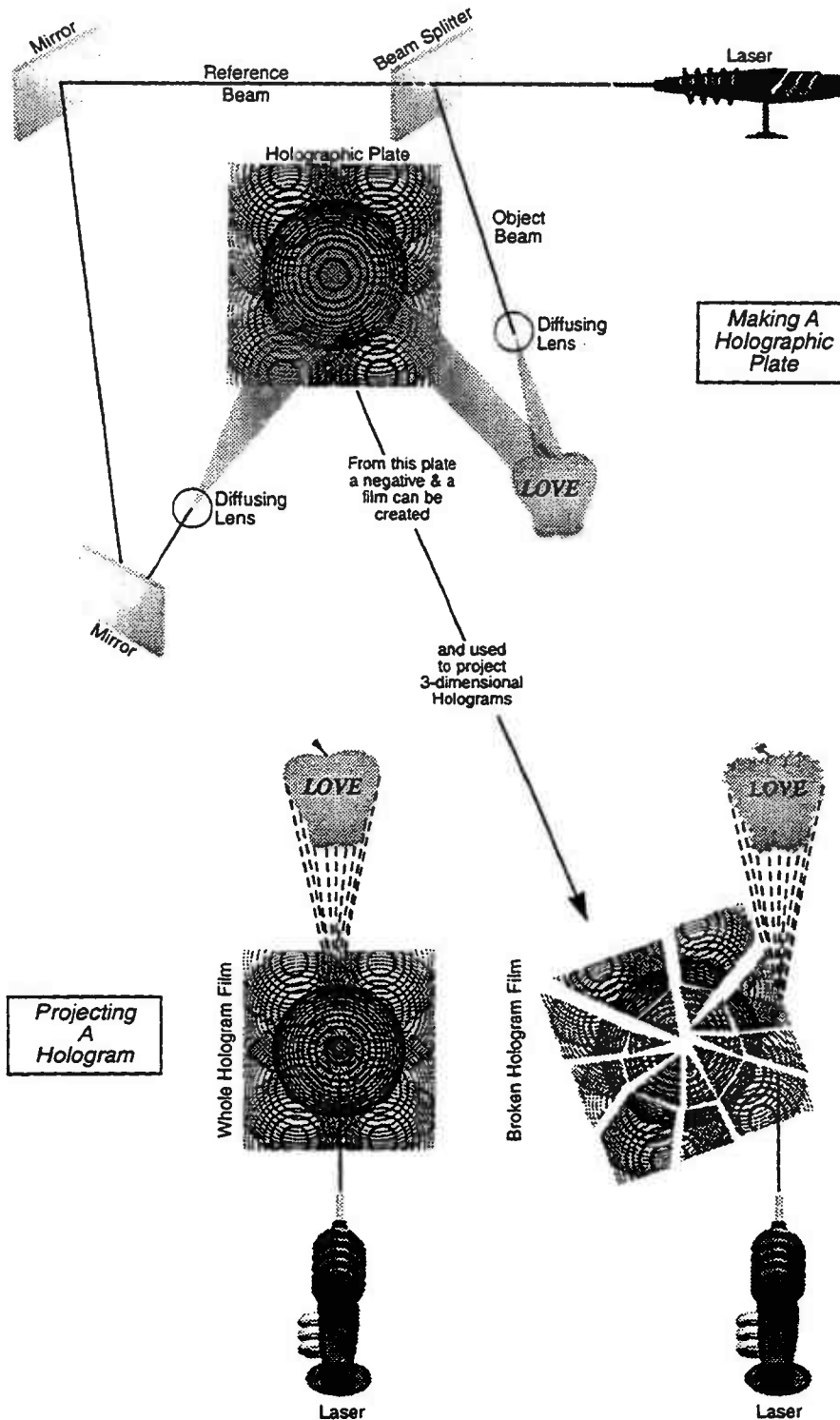


Pectoralis Major Clavicular

Figure #1

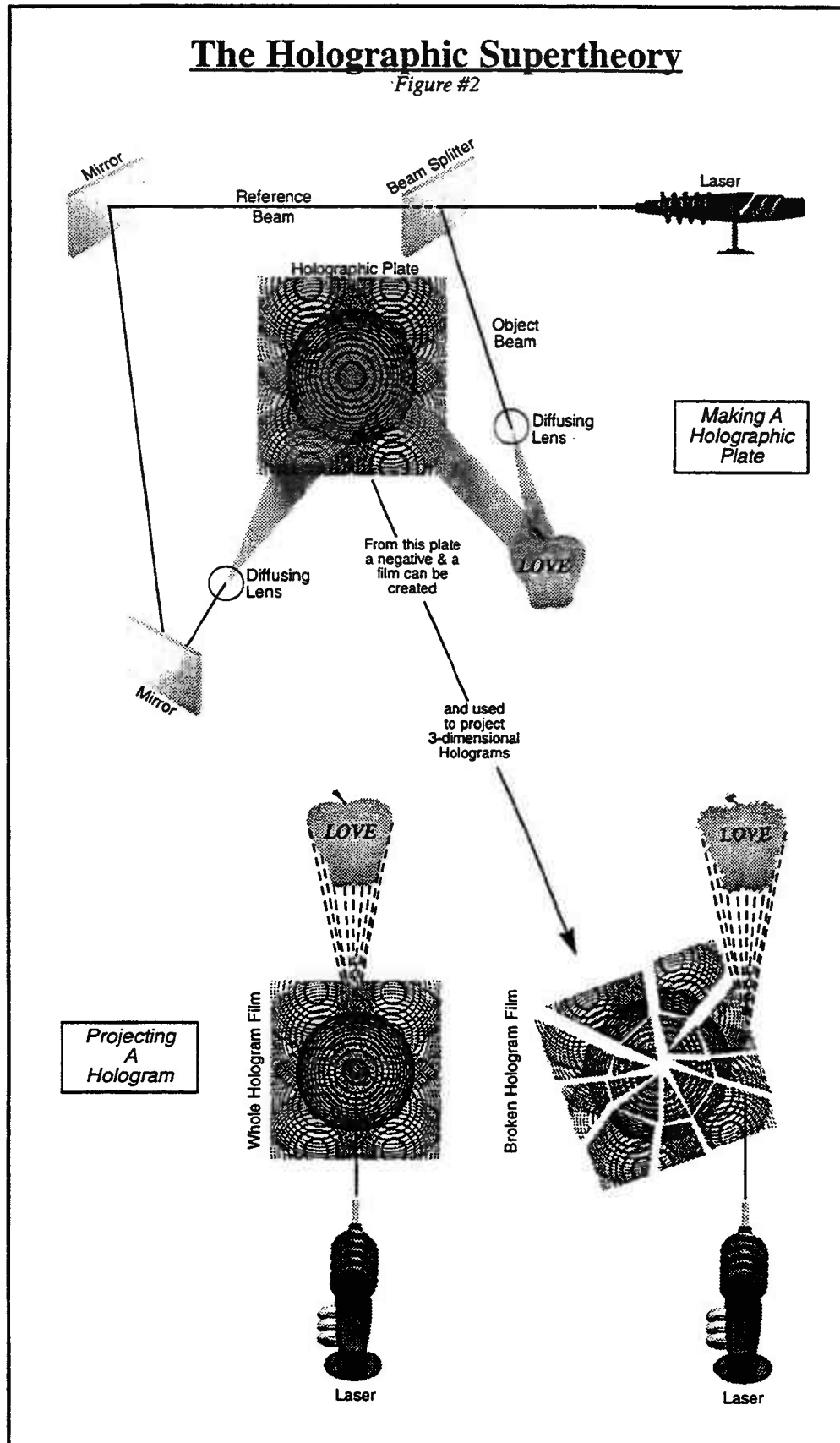
The Holographic Supertheory

Figure #2



The Holographic Supertheory

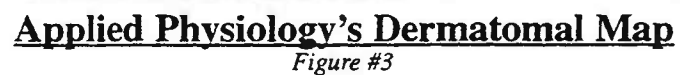
Figure #2



One fundamental unifying principle in the **Applied Physiology** paradigm is the **Holographic Supertheory**. This view of the universe has emerged from the work of a number of distinguished scientists who believe that "everything in the universe is part of a continuum... animate and inanimate matter are inseparably interwoven.... consciousness and life are ensembles enfolded throughout the universe... every portion of the universe enfolds the whole...every cell in our body enfolds the cosmos" (Talbot 1991). In essence, reality is a projection of a universal order which can be found in every atom, the entire solar system or a human cell - within each microcosm is contained the information of the macrocosm and vice versa. Perhaps you have heard that a holographic plate (which can be used to project those amazing 3-dimensional holographic images) can be broken, and even a small piece of the plate itself can be used to create an entire holographic image - the image produced may not be as "dense" as the image produced by the entire unbroken plate but it is still a very convincing hologram (*see Figure #2*).

The holographic aspect of the **AP** paradigm is experienced in several ways - first, we can gather information about the stresses which result from bodily imbalances in a very non-intrusive way by using **Applied Physiology's** advanced muscle-monitoring system (this particular technique is first taught in the many **AGAPE QUEST** courses held throughout the world); information can be gathered about parts of the whole body by consulting only small "pieces" of the body itself - from the holographic picture of the skin, foot or hand reflexology (for example) when combined with muscle monitoring (*see Figures #3, #4, & #5*).

This same holographic principle works in the holographic model (since it is all part of the **Holographic Supertheory**) employed by **Applied Physiologists**. Another interesting holographic aspect of the **AP** paradigm relates to the fact that it always takes two beams of light (**LASER** light, actually) to create a realistic 3-dimensional holographic image. One of the beams is called the object beam and the other is called the reference beam. The combined effects of these two beams creates the holographic picture - in **AP**, muscle monitoring data is used to identify an object meridian

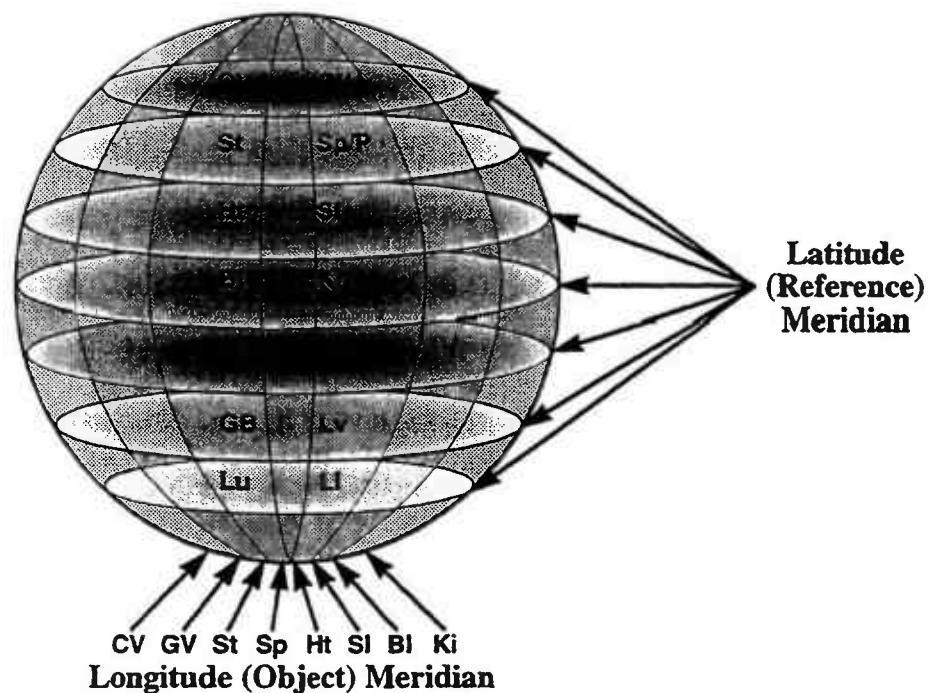


and a reference meridian. The word "meridian" refers to the ancient energy meridians described by Chinese acupuncturists which are still used throughout the world as part of a powerful healing system. The AP paradigm incorporates and builds upon our current understanding of Chinese meridian therapy in many ways, and we owe much to the observations of many past and present energy investigators.

When an **Applied Physiologist** identifies an object and reference meridian through the circuit localization of Alarm Points, the information will point to a very specific area of stress and imbalance in the body - this may remind you of the way that when longitude(x-axis) and latitude (y-axis) data are combined they always point to a very specific place on the planet (*see Figure #6*).

The Fourteen Meridians of Applied Physiology

Figure #6



Once we have the identified area of stress or imbalance, a number of modality holographic systems (z-axis) can be employed to encourage balance and homeostasis (in AP, we refer to this

dynamic balance in the physical and metaphysical condition of the body as "homeo-sta-stress"). One of the many contributions that **AP** has made to the healing arts is the exhaustive research which has

HOMEO-STA-STRESS =

*the dynamic balance in the
physical and metaphysical
condition of the human body.*

resulted in 28 "holograms" to date - every one of these holographic systems has a "mapped-out" set of coordinates (expressed as Object and Reference meridians) which allows the **AP** technician to use their hands like LASER beams to peer deeply into the cells, tissues, organs and feelings of the client's body identifying and projecting to areas which deviate from "homeo-sta-stress". Identifying these areas is the first step in understanding, acceptance, learning and trustfully even healing.

As we said before, it takes two LASER beams (actually split from the light emitted from a single LASER) coming together on the photographic plate to create the complete 3-dimensional picture. In the analogy of the client/therapist hologram, the client represents the Object beam or LASER light bouncing off the object under scrutiny within their essence. The "SOS" **Applied Physiology** therapist represents the Reference beam which also directs the LASER light onto the holographic plate. **Applied Physiologists** believe that the metaphysical "Law of Attraction" will bring together therapists and clients to form a powerful partnership with unique holographic results. Different therapists will inevitably activate and uncover their own unique client/therapist holograms, each with their own revelations for the client. This is where "like-mindedness" and "like spiritedness" are drawn together through the metaphysical "Law of Attraction". When the client is lost and doesn't know what to do, he or she can be compared to incomplete wavelengths searching for answers much like the electron in the atomic structure which behaves like a wave until it is observed. Observation is the key to

physical reality. "The teacher will appear when the student is ready" is truly appropriate to represent the meeting of the Object and Reference beams converging to create a picture of reality. The two LASER beams meet using the indicator muscle and **AP** language to create the observation solicited from the innate wisdom of the client's body. This innate wisdom is available because the co-ordinate system used in **AP** dispels most of the prejudice which can arise during muscle monitoring by creating trust as the answer is looked up in the x, y and z axis information.

Another aspect of this truth is that we know in quantum physics that an electron is only a wave until it is observed. In **Applied Physiology** we adapt to this quantum physics model by way of the thought-form and attitude hologram. When these words are presented to the client it produces a trigger of past memory which is the syllabus for the 3-dimensional image of their reality.

A fundamental force in the healing strategy of **Applied Physiology** is to activate the power of "All Encompassing Love". According to Richard D. Utt, "All Encompassing Love" is the "total and complete acceptance and implementation of all the physical and metaphysical laws of the universe, known or unknown". When an **Applied Physiologist** is centered and seeking the state of "All-Encompassing Love" while approaching a client, they bring to their investigation and balancing procedures a healing energy as powerful as the cosmos and in harmony with the innate wisdom of all the physical and metaphysical laws of the universe.

ALL-ENCOMPASSING LOVE =

*the total and complete acceptance
and implementation
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of the universe known or unknown.*

— Richard D. Utt

One physical law, The Law of Attraction (opposite charges attract while like charges repel) creates order in the physical realm

of atomic, molecular and cellular structure. The equally important metaphysical laws, including the metaphysical Law of Attraction (like attracts like while opposites repel) creates order in the metaphysical realm of attitude, thought form and spiritual energy.

Applied Physiologists dwell and work in a paradigm ruled by polarities. The ancient Chinese philosophers and acupuncturists knew it well, using the terms yin and yang to describe the eternally relative and polar nature of their own energy system and healing work. The yin translates roughly as the "shady side of the slope" and the yang as the "sunny side of the slope" - all things have their yin nature and their yang nature when compared with other things. For example, the roots of a tree are yin relative to the trunk of the tree which is yang. The trunk of the tree is yin, however, relative to the yang branches. These same branches are yin relative to the leaves. This "relative polarity" extends to the human body as well. The nucleus of a cell is yin relative to the cell membrane which is yang. The bottom of the feet are yin relative to the top of the foot but the top of the foot is yin relative to the "yang" top of the head! As we mentioned earlier, it is a polar and relative universe. In the human body, the unseen atomic worlds of elements, ions and molecules are in constant flux. Order is imposed by the interactions of positively and negatively charged particles - the condition we perceive as homeo-sta-stress is a unique and special balance of these polarities. The **SOS** and **Applied Physiologist** are trained to utilize energy holograms to manipulate these polarities, carefully encouraging constricted or dilated tissues which are distorted to different degrees acknowledged by the powers of stress (or deeper levels of stress) to return toward balance and "homeo-sta-stress". In "homeo-sta-stress" these tissues (their organs, organ systems and holographic human structure) will function optimally as they were designed to do so by their creator. These same forces work in the metaphysical plane, manifesting as stressful attitudes, painful thoughts or lessening of the loving spirit. The **Applied Physiology** system can restore "homeo-sta-stress" to the metaphysical aspect as well. At a very deep level, **AP** nurtures the consciousness of "listening" to the physical body. If we listen to our maladies, they can be a great gift that brings us enlightenment about our state of phys-

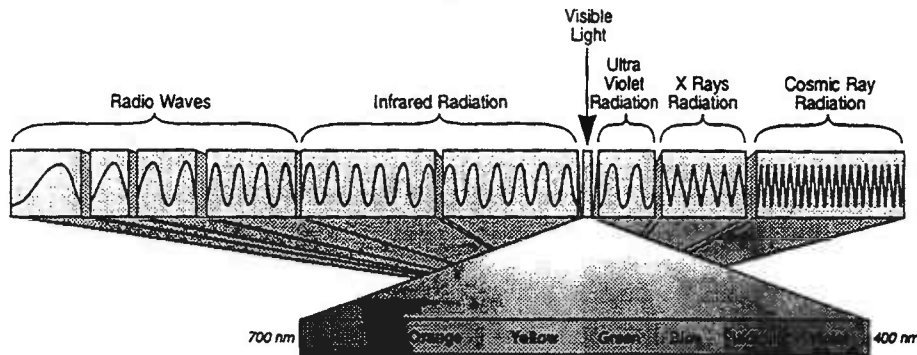
ical or metaphysical being. Through the power of "All-Encompassing Love", we may experience the "shift in awareness" that brings acceptance, growth and eventual healing. AP recognizes that "feeling good" isn't necessarily our right in this life, though many people are more than willing to share their wealth to feel better. One of the principal goals of AP is to help practitioners and their clients to discover the "intestinal fortitude" to become empowered in the physical and metaphysical plane - as a result we realize that "getting cured" isn't what it is all about (though we often do then find ourselves miraculously cured!). Seeking a "cure" does not necessarily motivate forward growth, if we expect it to come from outside our self. AP believes in the teacher/student healing relationship that finds ourselves shifting back and forth from teacher to student depending on where we need to be at a particular time for optimal health. After all, aren't we always both a teacher and a student in a relative sense? Remember, when the student is ready the teacher will appear and when the teacher is ready the student will appear.

Our focus or attention is always so important. It has been estimated that when we focus our "vision" on something, we are only perceiving a small fraction (0.00001%) of the visual universe available to us. In our peripheral vision all the rest (99.9999%) is out there but not part of our conscious awareness. This is like the "tunnel vision" which so often characterizes illness (after all, 99% of the time those things we focus in on - our fears, our worries about the future - never even materialize!). **Applied Physiology** can empower the client to make that "shift in awareness" from the focused vision (less than 1% of reality) to peripheral vision (more than 99% of reality!) which represents the view from a detached observer's perspective. When we can master the art of seeing our issues and problems from that "unattached perspective", we experience true peripheral vision. This might be compared to the "visible spectrum (Red, Orange, Yellow, Green, Blue, Indigo, Violet) which is just a small fraction of the electromagnetic spectrum which surrounds us, bombards us and affects us (*see Figure #7*).

When our focusing on physical or emotional pain, we have a tendency to become attached to its intensity to the point where it

The Electromagnetic Spectrum

Figure #7



eventually motivates us to do something about it. The **Applied Physiology** system will help us to “widen our perspective”, cultivate detachment from this pain and achieve a state of “lesson-mindedness” where the body becomes our measuring device that allows us to see our state of health as a classroom. **AP** also provides the link between states of stress and the tools to progressively move towards a state of “homeo-sta-stress” more smoothly and with less friction.

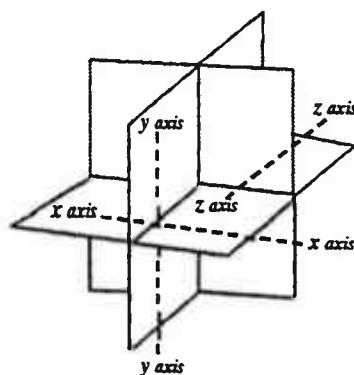
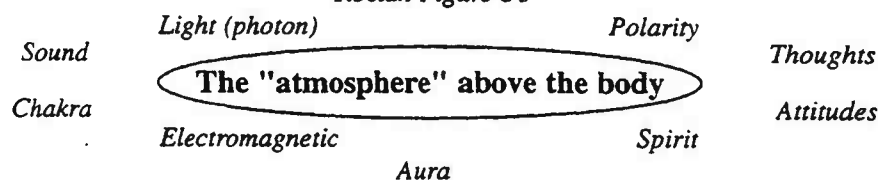
An **Applied Physiologist** employs a number of holograms, also known as modalities, to delve deeply into the innermost physical and/or metaphysical realms of the human experience. Each provides a unique perspective. If you had a few of these holographic avenues, you would have a limited ability to explore the clarity of the overall stress picture of the body. Imagine if you were in outer space and could only see one perspective of our planet with the continents of Asia and Africa. Would this, in fact, be a picture of the whole earth? Of course not. From a different perspective you would be able to view different continents and realize that your original “picture” was incomplete. There are other ways we might arrive at an incomplete perspective. For example, think about a picture created by a “dot - matrix” printer where the image emerges from a pattern of black dots - the more dots you print per square inch, the better the resolution of the overall image. It’s as if each hologram represents one set of the dots - as holograms are added into the “balancing picture” of the **Applied Physiologist**, a more complete picture is revealed. Each hologram can offer the trained **Applied Physiologist**

a greater clarity on the client's state of stress. Once the hologram has "pointed" to a specific meridian combination (remember the longitude/latitude analogy earlier?) then the modality will allow greater resolution from the physical or metaphysical reality. This metaphysical picture has been compared to the atmosphere of the planet - above the longitude/latitude point while the physical body's energy picture has been compared to the inner earth - with its geological structure and molten rock - below the longitude/latitude point. The chart provided below (see figure 8) give us a glimpse at this view of the "z-axis" but by no means is a total or complete list of modalities.

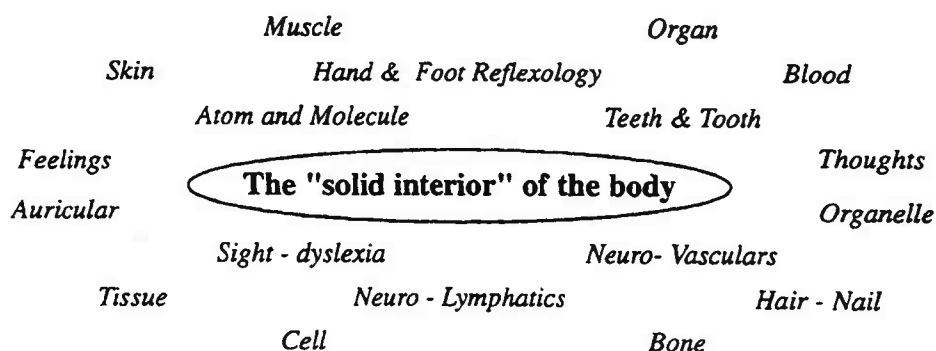
The Applied Physiology Model of the Physical and Metaphysical Body

Figure #8

Tibetan Figure 8's



ACUPUNCTURE - the surface of the body



How is it possible for an **Applied Physiologist** to delve deep into the seemingly solid structures of the body and affect homeo-sta-stress? The body is not as solid as you might think - the fundamental particles of the body are atoms, and recent advances in understanding the structure of atoms strongly suggests that they are mostly empty space! I suspect that you are familiar with the basic "subatomic particles" which make up the atom - protons and neutrons in the atomic nucleus and electrons "in orbit" (in energy levels or electron shells) around that nucleus. Sometimes this model is called the planetary model of the atom because it seems to resemble a solar system like ours, with planets in orbit around a central sun. Chemists remind us, however, that there is a tremendous amount of space (in a relative sense) between the atomic nucleus and these orbiting electrons. In a relative sense, the amount of space can be compared to the distance between planets and their moons or the earth and the sun! It has been suggested that if the atomic nucleus was as large as a grain of sand sitting on the floor of the Sistine Chapel, then the nearest electron would be as far away as the ceiling. What, then, creates the "illusion of solidness" we associate with the physical world of muscles, organs and cells? The solid nature of matter is created by **MOVEMENT**. Electrons are moving so fast (2000 meters per second) in their orbits that (as hard as it is to believe!) they appear to be everywhere at once, forming solid "shells" around the atomic nucleus like layers of skin around an onion. We know that, at first glance, this sounds too amazing to be true but you are more familiar with this phenomena than you think. Imagine an airplane propeller. When it is standing still you can easily identify the very solid metal blades and the very empty space in between the blades. What happens when you turn it on? When at low speeds, when you can still see the blades as a solid mass and you can no longer identify where the solid blade and empty space begins. It appears to be solid. You would never try to put your fingers in between the blades or a disastrous injury would occur. At higher speeds, the blades will completely disappear and you will be able to see things behind the whirling blades quite clearly, although they will be distorted by the movement of the blades. Are they gone? Of course not! Again, if you attempted to pass something

through these moving blades you would discover they were very solidly there, just invisible. And, as you can now visualize, they behave as if they are everywhere at once, like the electron. The illusion (potentially dangerous illusion in this particular case!) of solidness is created by their speed of movement, and surely they are not moving nearly as fast as an electron. Did you know that the engineers who designed the early fighter airplanes could synchronize the firing of a machine gun so that it fires right through the whirling propeller of the vintage aircraft? They did! If a trained "engineer" understands the relationship between speed and synchronicity, they can devise a strategy to "shoot right through" something that appears quite solid, like a radio wave that passes right through the walls of your home to manifest as a magnificent symphony on your radio receiver. A trained **Applied Physiologist** understands the relationship between the "speed" of the mind and the nature of reality and can use modality tools to create the synchronization which will allow her/him to "shoot right through" the solid physical body into the areas where stress threatens the fundamental organization of "homeo-sta-stress". What exists in all that "empty space" in the atoms we have been discussing? As Sheldon Deal has recently written "empty space is really not empty. It is a reservoir of non material intelligence, and ultimately responsible for the material, the expression of both the mind and the body" (Deal 1998). How can we gain access to this innate wisdom?

Using sound, color, acutouch, flower essences, reflexology or other powerful balancing systems, the **Applied Physiologist** can empower the body to activate its own wisdom to restore "homeo-sta-stress" to cells, organs, attitudes, thought-forms and all the other physical and metaphysical levels. An Applied Physiologist can activate the "delicate web of intelligence that binds the body together" (Chopra 1989) creating quantum healing. **Applied Physiology** can expose the thought forms, attitudes and feelings which can be used to divulge the areas in our life where we are "stuck" in the past or concerned about the future and are thus prevented from living in the present, where reality exists.

The possibilities for personal empowerment and expression through the practice of **Applied Physiology** are unlimited. New

holograms are being revealed, researched and catalogued every day at the **International Institute of Applied Physiology** and by individual **Applied Physiologists** worldwide. The ripples created by "All Encompassing Love" and all aspects of **Applied Physiology** work throughout the world are helping to manifest a new age of health, vitality and harmony for the human experience. If these ripples have resonated in your spirit, we encourage you to learn more about **AP** and participate in forming this new holographic paradigm which unifies the physical and metaphysical reality of our human opportunity.

Applied Physiology's Holographic Life Enhancers

The Following "Holographic Life Enhancers" may be entered by using the AP Love Mode deep touch. The hand position for this mode is: index, middle and ring fingers touching medial side of thumb with baby finger extended (*see Figure #9*).



Figure #9

Procedure:

1. Circuit established in Pause Lock (P/L).
2. Deep Touch Love Mode.
I/C P/L PS P/L
3. Check Priority A/P for both light touch and deep touch.
I/C P/L PS P/L
4. Repeat until no A/P (light or deep touch) appear.
5. These are the "Holographic Life Enhancers" needing improvement for the healing of the circuit employed.

- CV light** - 1. Observe and review your thoughts, attitudes and feelings for each 24 hour period.
- CV deep** - 2. Drink plenty of pure clean water.
- GV light** - 3. Eat a majority of your diet of living foods (with life and enzymes still in them).
- GV deep** - 4. Average 8-10 hours of quality sleep per day.
- St light** - 5. Physically exercise the entire musculoskeletal and cardiovascular system every day.
- St deep** - 6. Meditate for 20 minutes at least 3 times per day.
- Sp light** - 7. Listen to your feelings and learn to mentally describe them at the moment of expression.
- Sp deep** - 8. Take responsibility for the projections of your thought-forms and attitudes either inward (physiology) or outward (emotional effusion).
- Ht light** - 9. Detach from the concept of ownership in relation to other people.
- Ht deep** - 10. Detach from the concept of ownership in relation to material things and property.
- SI light** - 11. Strive to get to a place of nothingness where all knowledge and wisdom exists.
- SI deep** - 12. Recreate yourself either through procreation and/or manifesting others to want to emulate the love in you.
- Bl light** - 13. Stay in tune with the physical and metaphysical laws by making it a point to manifest "All

Encompassing Love" as often as possible.

- Bl deep** - 14. Do unto others as you would have them do unto you.
- Ki light** - 15. Develop the ability to receive graciously and with gratitude.
- Ki deep** - 16. Train the ego through the eyes of humility.
- Pc light** - 17. Trust in your developing intuition of what is universal will.
- Pc deep** - 18. Learn to recognize and love the uncomfortable situations for they are the greatest teachers.
- TH light** - 19. Honor the temple by maintaining the equilibrium of all the senses by natural methods.
- TH deep** - 20. Learn to recognize and trust your balanced 5 senses - this is ultimately the manifesting of the 6th sense.
- GB light** - 21. Make your profession what you love to do.
- GB deep** - 22. Remember that family is the first of all professions.
- Lv light** - 23. Develop, to the best of your ability, all natural given talents - if only you devote just a few moments of each day/week/month to each talent.
- Lv deep** - 24. Keep conscious contact with your higher power everyday.
- Lu light** - 25. Surrender your SINs (Self-Imposed Negatives)
- Lu deep** - 26. Challenge all of your cant's with big open cans.

LI light - 27. Speak of only the good in others and hold your tongue of the rest.

LI deep - 28. Surrender judgment to the innate wisdom of the nature of God.

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