

The Seven Element Hologram of Applied Physiology

by Adam Lehman, ND

Abstract: Looking at the Central/Governing meridians and the "extra" Fire element meridians of Triple Warmer and Pericardium/Circulation Sex as separate elements, a three dimensional holographic model emerges that forms the basis of Applied Physiology. This simple yet profound model has led to a body of work with a history of success in difficult cases. Here we will look at the basics of this model as an introduction to Applied Physiology.

Background When George Goodheart first "discovered" Applied Kinesiology, one of its standout features was the integration of Eastern and Western philosophies. Using the Chinese acupuncture system of elements and meridians, we were shown that the energies of the body could be assessed and balanced in a Western type physiological manner.

After years of using muscle monitoring with the basic model of Chinese 5 Elements (and adding notable contributions such as the concept of overfacilitated muscles), Richard Utt, founder of the International Institute of Applied Physiology (IIAP) found that the 5 Element model was limiting in certain respects; notably, the model seemed to work mostly on the physical plane, and he was wanting to address the metaphysical as well.

After discussions with a Tibetan Monk, Richard integrated the Tibetan concepts of Air and Ministerial Fire - Air as the Central and Governing meridians (the two of the Eight Extra Meridians that are independent of the twelve bilateral meridians) and Ministerial Fire as the Triple Warmer and Pericardium-Circulation-Sex meridians. Heart and Small Intestine became the Sovereign Fire Element, and there was now a 7 Element model that addressed the connection between the physical and meta- physical planes.

Muscle Monitoring With The 7 Element Model

Have you ever had pain in a muscle and, after balancing that muscle, still had some pain that you had trouble getting rid of?

Most kinesiology monitor a muscle in its most contracted prime mover position, isolated from other muscles that act

synergistically. Other systems use the muscle in its most extended position as well (originally, another innovation of Richard Utt), though often with only a metaphorical understanding of doing so.

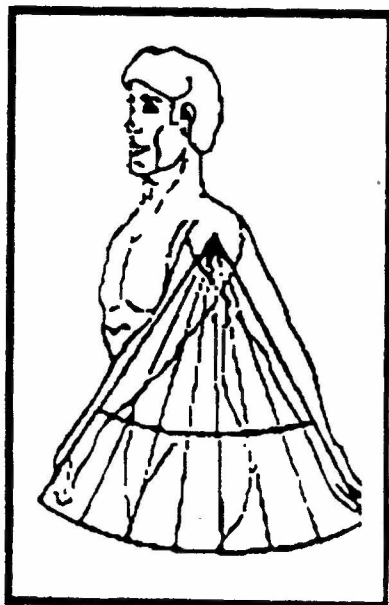
In Applied Physiology, we look at the entire range of motion (ROM) of a muscle, and monitor it through that entire range. By splitting the range into seven positions in each direction, we are able to identify imbalances in different fibers of the muscle as it goes through its ROM. This can often expose areas causing pain that may have been overlooked before.

We now see that there are 14 positions that a muscle may be monitored in. You may be familiar with the Chinese concept of command points - those points on any meridian that relate to the other elements of acupuncture. What we have in Applied Physiology is the ability to monitor a muscle in such a way as to see its relationship with each of the other *meridians*. This creates a three dimensional model which allows for more specificity - the ability to pinpoint imbalances using the extra information of *relationships* in the energy structure.

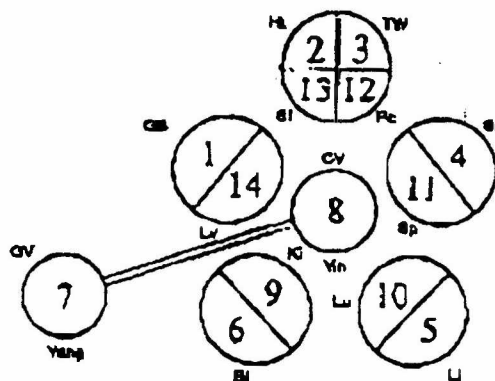
The Basics

Using Anterior Deltoid/Gall Bladder as an example (please see diagram), we monitor the muscle through its ROM split into seven segments, starting 30 degrees in front of the body and extending to 30 degrees in back of the body. Position 1 of any muscle always relates to its parent meridian; therefore, in this case, Position 1 is Gall Bladder to itself. From there, we go around the elemental diagram in a clockwise direction (remembering to count the

extra Fire element) until we get to Bladder, the last yang meridian before returning to GB. In this case, position 6 is monitoring the relationship of Gall Bladder to Bladder, by placing the muscle near to the end of its ROM and applying pressure in the direction of contraction towards extension (as in Position 1).



Anterior Deltoid - Gall Bladder



The dumbbell you see in the diagram always relates to CV/GV, and moves around the elemental wheel depending on the muscle you're monitoring. CV/GV always relate to positions 7 and 8 (the exception being when you're monitoring the CV/GV muscles), so the dumbbell is positioned between the primary element of the muscle you're

monitoring and the element directly counterclockwise to it. In this case, since we are monitoring a yang muscle, position 7 is GV and position 8 is CV.

Position 8 is the first position of monitoring in extension. So we now have the muscle in its fully extended position and are applying pressure in the opposite direction - from extension towards contraction. As we continue through the ROM, we jump over, in this case, to the yin side and come counterclockwise through the elemental wheel until we return to the Wood Element, Position 14, and Gall Bladder's relationship to Liver.

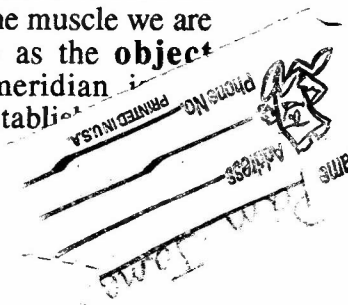
We now have a definitive pattern. With any muscle (other than CV/GV muscles), position 1 relates to its own meridian. Positions 7 & 8 relate to CV/GV or GV/CV depending on the yin/yang orientation of the muscle, and position 14 relates to the other meridian in the muscle's element.

With CV/GV, the dumbbell sticks up between the two fire elements. The rules are the same, but now He/SI are positions 7 or 8 depending on yin/yang orientation.

The Holographic Aspect Recently, there has been a lot of news around cloning - the ability to recreate an organism from one cell of the original creature. This very act is representative of the holographic nature of the universe.

A hologram is created by bouncing one laser (the object beam) off of an object - say, an apple - onto a plate (holographic film) and another laser (the reference beam) off a mirror and onto the plate. The resulting convergence creates a series of ripples on the film which, when later activated by aiming a laser to the film, recreates a three dimensional representation of the apple. If you cut a piece of the film and aim a laser at just that piece, you will still get a complete image of the original apple, although it will be a little fuzzy in appearance. But still whole.

In Applied Physiology, the first meridian we work with - represented by the muscle we are monitoring - is referred to as the **object meridian**. The second meridian is the **reference meridian**. By establishing



coordinates, we now have created a holographic representation. This piece is representative of the whole, and by affecting it, we affect the whole.

The Setup Another important aspect of Applied Physiology is the setup. By spending more time gathering related information, we develop the holographic picture more fully, getting a clearer representation rather than a fuzzy one.

In more advanced forms of AP, it is not unusual to build circuits that contain several sets of coordinates, with different information about each, in order to build a clear picture of what is being balanced. Often, the information alone and the connections made by them, offer insights and clarity that accomplish so much before any balancing techniques are even applied. At this point, the balancing is easier and faster (though the setup can often take a long time), with deep, long lasting results. This conscious use of the body's holographic nature is unique in my experience with kinesiology.

An Example Let's say we're monitoring the Pectoralis Major Clavicular (PMC), the muscle that represents the stomach meridian. As we go through the range of motion, we find that position 4 unlocks. By looking at our element wheel, we see that position 4 relates to the Gall Bladder Meridian. For those of you that know anatomy and physiology, you might immediately consider the relationship between the two organs to begin with. For instance, if there is a lack of hydrochloric acid (Hcl) being produced in the stomach, the lightly acidic contents of the stomach dropped into the small intestine may not be stimulating the gall bladder to eject its bile to allow for proper fat digestion. This is just a possibility, but one that may prove relevant as more information is revealed, and depending on what you are working on with a person. It is still more information than if you were just monitoring muscles in their primary positions. You might also consider the different emotions involved with those meridians and notice if that relates as well.

Let's say you are going to balance now with neurolymphatic reflex points. Instead of just

rubbing the stomach neurolymphatics, you will have your client rub the stomach NLs while you rub the GB NLs. You are now balancing in such a way that the body knows to be specific about the relationship involved in the initial stomach imbalance. Other balancing techniques can be applied in a similar manner, with the advantage of the three dimensional holographic dimension being accessed.

An Open System The growth of AP has led to the development of a continuous stream of holographic kinesiology-based balancing techniques developed by Richard Utt and now being added to by practitioners and researchers around the world. Anatomy-Physiology, Flower Essence, Blood Chemistry and Cell Holograms, as well as Chakra systems, NeuroEmotional, and Heavenly Hologram (based on the I Ching - the work of Hugo Tobar in Australia) are just a few examples of what can be accessed using this model.

With an understanding of how the 7 Element Hologram works, it then becomes easy to apply other techniques that you know. Even if a particular healing modality doesn't have a "coordinate" style (for instance, Reiki), bringing the imbalance forward in a holographic manner will allow the modality you apply to target the setup you've created.

For instance, if you happen to know and use the Neuro-Emotional points that are taught in Bruce and Joan Dewe's PKP, you might consider applying them in the above example if the emotional relationship of stomach and gall bladder is on line. Back that up with the insight and technique of the Flower Essence Hologram, and powerful changes can happen quite quickly.

Conclusion The importance of using models is often overlooked these days, and many systems come along without defining or even being based on a particular model. The use of models gives our work an important structure from which to expand and grow.

References:

Stress...The Nature of the Beast, Richard Utt, IIAP, Tucson, AZ

The Holographic Universe, Michael Talbot,
HarperCollins, New York, 1991

Note:

The holographic model of Applied Physiology provides a framework that offers substance and depth, with room to build on its foundation. Over the years (AP has been around since the early 80s), I've heard many say how AP seems difficult to them. My intention with this presentation is to dispel this myth while showing the potential power of this body of work. To this end, I hope I have succeeded.

If you would like more information about Applied Physiology and the educational programs offered, please contact the International Institute of Applied Physiology in Tucson, Arizona at (520) 889-3075, or me at (510) 549-3814.

Adam Lehman, N.D., is the founder of the Berkeley Center of KinesioHealth in Berkeley, California. He has traveled the world studying, teaching and researching kinesiology techniques. Adam has a private practice and teaches several types of kinesiology. He is the US instructor of Applied Physiology's Agape Quest - the introductory workshop of AP.