# Powers of Stress: Improving Your Balances with Setups

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**Abstract:** The purpose of this paper is to demonstrate a model of how the effectiveness of kinesiology balancing is improved by gathering and storing more information in a process known as the setup.

One of the great strengths of Kinesiology is being a truly holistic approach to healing. That approach means both accessing information from all aspects of the being– physical and metaphysical – thanks to the tool of muscle monitoring, and addressing all aspects in the balancing process.

A common analogy to the work we do, as kinesiologists, is that of a detective. Muscle monitoring gives us a wonderful communication tool. It is the nature of the communication that allows us to either be effective in our work with an individual, or have difficulty in opening the right door to finding the answers to a client's issue.

Of course, muscle monitoring is not the only means of communication. Good ol' fashion talking, as well as the use of all of the senses, also provides us with what is going on in a person's life, whether it be physical, emotional, nutritional, biochemical and/or energetic. Based on what a person tells us and what we take in via the senses, we then use muscle monitoring to explore areas that seem relevant. We might add other elements to our "circuits" – for instance, actions that represent goals, supplements, maybe a particular movement that is painful. Adding this variety of input helps to alert the body/mind to what we are working with, allowing a session to be focused and specific to the issue(s) being presented.

In my kinesiological training, adding the various aspects of an issue was done in a variety of ways. Sometimes, during a discussion of an issue, a movement or other representation of the topic at hand was introduced the moment it came up. Then more would be discussed, and more representations added as deemed appropriate (often depending on the intuitive or logical sense of the facilitator). Other times, a discussion would be completed and then a variety of challenges would be administered. Some modalities don't use the challenges, but simply rely on the verbal communication to bring issues forward, and then jump right into the balancing to let the body lead the way via muscle monitoring.

#### **Pause Lock**

Another means of adding information to a circuit – utilized in some kinesiology models – is a tool "discovered" by Dr. Allan Beardall, D.C., the originator of Clinical Kinesiology. This tool is called *circuit retaining mode*, or *pause lock*. Dr. Beardall found that by abducting the hips, certain nerve receptors called *Ruffini End Organs* would act as a carrier wave for new information being entered into the body. The effect of adding this information into the body's neurology was to create an "endless loop" of the current input so that the body would know what to respond to relative to further exploration of the topic at hand.

Pause lock opens the door to the body's hierarchy of healing, allowing the body to go levels deeper relative to a specific known issue, rather than just working on a single plane. This mechanism functions in the way that a hierarchical menu works on a computer; when you point to an item, an arrow drops down with new choices specifically relative to that item. By creating the context in this way

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during a balancing session, pause lock tunes out the "noise" that might interfere from other issues or input along the way that may not be relevant.

The pause lock mechanism, due to its information retaining abilities, provides significant advantages to balancing. While adding actions and goals during the course of information gathering may be important, without pause lock, those actions and goals may lose their meaning over the course of a session.

#### Intent versus Neurology

Consider all that happens during a balancing session. How does the body/mind continue to connect what is happening now with all that came before? Tangential issues may distract the client in different directions, and the client may "disconnect" from what was initially talked about at the beginning of a session. Those issues may have their own set of stressors that might complicate the circuit as well. How do you know what is getting balanced, and what isn't?

I have often heard people say that energy or intent will carry through an issue during a session. Certainly, positive results have been attained in this manner without the pause lock mechanism. However, energy and intent tend to exist on the metaphysical plane. If we accept that kinesiology's strength lies in its true holistic nature, then by ignoring the physical plane as a means of holding information, important aspects of stress around an issue may be ignored as well. We will examine further aspects of this shortly.

Because pause lock requires a specific movement that activates a portion of the neurology, it speaks to the physical level of balancing that we're involved with. As well, its utilization of the nervous system (a physically based *energy system*) interfaces with other energetic systems of the body – the meridians, figure eights, chakras, etc. Therefore, using pause lock for information storage bridges the physical and metaphysical aspects of the body, and assures us of exactly what we are working with during a session.

#### Sidestep: An Interesting Test

Many of us have used muscle monitoring to

see the effect that a food might have on a person. In Applied Kinesiology, only the actual placing of the food in the mouth is considered to be an acceptable means of "testing". In the lay kinesiological field, it is not uncommon for the food to be placed on the body – and even here we see different possibilities: on the navel, held next to the parotid gland, on the thymus gland, etc. The AK method is certainly geared towards the physiological response of a food in the mouth, while the "laying on of food" relies more on the energetic response of the body to a substance. Are any of these more "correct" than the others? We often choose one over another for convenience sake, or maybe even legal considerations. But what happens if we check them all with the same substance? And over the course of many substances, what is the outcome?

The interesting thing is that, no *single* place is more correct than another. Some foods may seem fine energetically, but if you actually put it in the mouth, you might find out otherwise. Or maybe it's the other way around. There may even be different responses amongst the energetic areas. To be truly thorough, all must be checked.

In Touch for Health 1, it is initially taught to check a food against every meridian by monitoring all fourteen muscles. Most of us don't check every possibility, but if you want to be thorough and as safe as possible with what you feed back to a client about an ingestible substance, it's a good idea to cover as many bases as possible.

In other words, it is important to acknowledge and accommodate both the physical and energetic properties of the body to get the most complete picture and do the most effective balancing possible. Because the pause lock mechanism as a means of storing information accomplishes this, it is more reliable and complete than intent.

#### Back to the Issue

The above example is easy to test when the object of our balance is as tangible as a supplement or a piece of food. By keeping the food on the body or in the mouth, we don't need to even activate the pause lock mechanism, at least relative to the initial stimulus of the food itself. Very often, however, some of the important aspects of an issue are not so tangible – for instance, emotions: thought forms, feelings and attitudes. These concepts play a huge role in why a person is experiencing difficulty in their life. For these, and many other situations, pause lock is an essential tool. By "locking in" the emotional energy of both thought and discussion of emotion, a more specific context is created and held in the neurological system.

While this locking in of information has its definite advantages for creating context in the body, it also has its challenges. As is often the case, out of the challenges arise even more advantages. In order to understand them, we must first discuss the states of stress indicated by monitoring muscles.

#### 5 of 7 – The States of Muscle Stress and the Spindle Cells

In Touch for Health, we deal with essentially two states of a muscle monitored in contraction – locked and unlocked. Richard Utt, the originator of Applied Physiology, identified *seven* states of muscle stress. Five of these states have been adopted in one form or another by other kinesiologies, and serve our purposes for this discussion as well. The other two states refer to types of paralysis, and are therefore not relevant to this topic.

To identify if a muscle is really functioning properly, it is important not only that it holds against a couple of pounds of pressure, but that it also will unlock when the appropriate message is sent to the brain. The most common way of sending this message is with the muscle spindle cells. Manipulating the spindle cells provides us with *three* possible results to any muscle monitor.

In the first application of pressure to a muscle in contraction, the muscle either holds or does not hold. If it does not hold, we know there is a certain level of imbalance. We can further check this by manipulating the spindle cells to see if it locks. If it does not, we have confirmed an imbalance. However, if the muscle holds upon initial pressure, we do not know that the muscle is in balance. Only when we manipulate the spindle cells can we be sure. When properly manipulated, the muscle should unlock. If it does (and then it relocks with opposite spindle cell manipulation), we then know for sure that the muscle is in balance. If it does not unlock, then there is a problem with that muscle's communication with the brain. This is as much of an indicator of an imbalance as a muscle that unlocks when pressure is first applied (and will not relock), and should be assessed as such.

These three possibilities are the same for any muscle when monitored in contraction or *extension*. The function of a muscle being monitored in extension is different than that of the muscle in contraction. In either position, if the muscle holds, unlocks and relocks with proper manipulation of the spindle cells, the muscle is in balance. However, if the muscle unlocks in extension (and will not lock with spindle cell technique) or remains locked and will not unlock with spindle cell manipulation, this defines the other two (of five) states of the muscle.

We use specific terms for these states of stress of a muscle as follows:

For muscles in contraction -

- A muscle that unlocks and will not lock with spindle cell manipulation is said to be *underfacilitated*.
- A muscle that is locked and will not unlock with spindle cell manipulation is said to be *overfacilitated*.

For muscles in extension -

- A muscle that unlocks and will not lock with spindle cell manipulation is said to be *overinhibited*.
- A muscle that is locked and will not unlock with spindle cell manipulation is said to be *underinhibited*.

Whether in contraction or extension, a muscle that is locked and will unlock and re-lock with spindle cells is in balance. In medical terms, this is called *homeostasis*. In Applied Physiology, the modified term is *homeo-stastress*.

# The Indicator Muscle

We use an indicator muscle to let us know when a stress is having an effect on the body. That stress may indicate by an unlocking muscle, or a muscle that remains locked and will not respond to spindle cell manipulation. In either case, the indicator muscle is no longer in balance. Before beginning a balance, it is common to make sure that the indicator muscle is functioning properly in order to know that we are getting accurate information. Ideally, this is done with the indicator muscle in question on both left and right sides of the body, and in contraction and extension. This assures us that the entire circuit, or 100% of the neurology related to that muscle, is functioning properly.

So the question is, how do we know that the indicator muscle is still reliable after entering a stress that takes the indicator muscle out of balance? Maybe it's a big stress. How do we know that the muscle will tell us properly what the next piece of information is?

# The Powers of Stress

The state of a muscle responding to a stressor is a neurological representation of the stress. The stress being represented is therefore being held in the muscle itself at that time. What if we could take that stress and fold it back into the circuit? In doing so, not only would we return our indicator muscle to its balanced state, ensuring us of being able to continue to get accurate information, but also, the stress would be locked into the circuit via pause lock so that it is sure to be balanced during the course of the session. Let's have a look at how to do this.

One way of identifying the amount of stress in the circuit is to continue to use the muscle spindle cells. If you manipulate the spindle cells to attempt to reverse the state of the muscle (e.g. – pinch them if the indicator muscle is locked in contraction), and it does not work, then you know the muscle is out of balance. But by how much?

Here we can bring in the pause lock mechanism again. If we pause lock this indicator imbalance, we actually put this state of imbalance – which is a further expression of stress that caused the indicator muscle to change – into the circuit. Now recheck the indicator (by manipulating the spindles again) and see if it has changed. If not, pause lock it again. Repeat this process until the indicator muscle returns to balance. The amount of times this takes gives you a good idea of how much stress is built into the body because of the stressor entered. In this manner, the neurological expression of the stress is now returned into the circuit, giving the body even more context to work with when it comes time to balance.

This process, a tenet of Applied Physiology, is called the Powers of Stress. It is checked and applied as necessary after any information that causes the indicator to go out of balance. This may be due to an issue, a goal, an action, a mode, a body point, a food, etc.

Now that the concepts of pause lock, the states of a muscle and their relevance to the indicator muscle, and the powers of stress are in place, I'd like to address a more specific aspect of their use.

# The Setup

One of the concepts on which Applied Physiology has built its reputation is the concept of the setup. Using the aforementioned techniques, the setup is a way of loading information into the body's circuitry to focus and increase the effectiveness of the balance. While some of these principles are used in other forms of kinesiology (e.g. - pause lock), they are usually implemented during the balance often after an issue is discussed, goals set, actions performed, etc. Then, during the session, pause lock is often used in the balancing mode (e.g. – to put a specific modality into the circuit), but ignored during further discussion of issues and emotional processing.

In the Applied Physiology model,

# everything is added to the circuit.

Have you ever experienced a scenario similar to this? A client enters your office. They sit down and begin to tell you about what they would like to work on that day. Based on what they tell you, you ask certain questions. A particular question hits home, and the client begins to cry. What do you do? Maybe assist them with some ESR to calm them. Maybe continue to ask them questions or counsel them. Possibly offer them some Rescue Remedy. The options are obviously quite endless.



Consider the process that begins with their telling you what their issue for the day is, and results in the emotional expression. There's a lot of information going on during that process. The thinking about the issue. The telling of the issue. The processing of your questions with corresponding thoughts and feelings, figuring out what to say in response. The well that bubbles forth into emotional expression. The brain, connecting to all those areas within itself as well as other parts of the body that are affected by the issue (consciously and subconsciously), and the corresponding thoughts, feelings and attitudes. The energetic system reactions chakras changing, figure 8 flows disrupting, meridian flow altering.

Wouldn't it be helpful to lock in all that energy before you do any kind of balancing? To have all that stress information available for the balance despite whatever "disconnects" and stress responses might interfere with the client's ability to otherwise retain it? Think about the possibility of switching showing up at any time during a circuit due to the stress involved in an issue. Is it possible that the switching, with its corresponding neurological confusion, will interfere with ability to connect with all the other information that's been previously discussed, thought and processed?

By contacting the person and pause locking *all* the information, even during the initial discussion of the issue of the day, you are ensured of having an immense amount of extra information built into the circuit, both physical and metaphysical, without relying on energy and intent – facets that are easily affected by what goes on during a session.

As well, using the Powers of Stress procedure after such an episode, you have much more neurological information entered into the circuit, while returning your indicator to one you know that you can rely on.

As you've all probably experienced, the above client scenario can happen at any time during a balance, perhaps resulting from a particular balancing technique. This provides an example of a balancing technique having the potential to become a part of the setup. It can happen at any time. Rather than simply reaching for the frontal eminences, consider pause locking continuously through the expression, discussion, or whatever form the new information takes. When complete, check for the Powers of Stress and add them into the circuit. The depth of balancing and therefore, its ability to hold, increases dramatically.

#### Conclusion

Energy and intent are powerful forces to be used in a balance. They are, however, subject to fluctuation based on content, judgment, mood, environment and a myriad of other constantly changing factors. When focused on the actual performing of balancing techniques, energy and intent have the ability to dramatically increase the power of a session. When relied on to hold the information that a balance is directed toward, they have potential shortcomings.

The use of pause lock, with its neurological basis and therefore connection to both the physical and metaphysical, provides a means of holding information that is reliable and at the same time, captures information that is both conscious and subconscious. Because of its ability to "lock in" information, pause lock also enables the ability to capture and enter into the circuit the Powers of Stress.

With the understanding of how the principles of pause lock, powers of stress, and an indicator muscle work and interact, the use of these techniques are able to be used to a much further degree than is often the case. By capturing all the information of an issue from the moment a session begins, one increases the efficiency and depth of a balance, providing a faster and longer lasting result for the client.

#### **References:**

Stress, the Nature of the Beast. Richard Utt.

Personal notes. Drawn from the author's workshop trainings, in particular, Touch For Health, 3 in 1 Concepts' One Brain Series and Applied Physiology.