

## Stress Indicator Point

by Lynne McCall

Dip Health Sciences & Dip Clinical Nutrition

AUSTRALIAN CENTRE FOR THERAPEUTIC ARTS  
29-31 Heatherdale Rd, Ringwood, Victoria 3134, Australia  
Phone: 0061 3 9873 4400; Fax: 0061 3 873 3700  
Email: lynnemccall@bigpond.com

### Information Gathering in a Balance

#### The Stress Indicator Points System (SIPS) may have some answers

All Kinesiologists at some time during their career will experience the frustration of a balance that does not appear to be effective. The balance either does not achieve the desired effect, becomes "messy", misses the essential points or does not hold for an adequate period. Ian Stubbings Stress Indicator Point System (SIPS) proposes there are four essential aspects to consider.

1. Nature of the Imbalance
2. Resistance to Healing
3. Switching and the Electrical Circuits of the Body
4. Gathering information and Continuous Recording Mode

SIPS is not in itself a correction modality. It is a tool that facilitates all other modalities, improving the efficacy and efficiency of those techniques within your existing system.

Professional Kinesiologists using SIPS find there is a profound and far reaching improvement in the quality and efficiency of their clinical practice.

#### Nature of the Imbalance

Stress Indicator System (SIPS) is based on the understanding that Kinesiology is a vibrational medicine dealing with magneto-electric (spiritual/energetic) and electromagnetic (physical/etheric) structures of the human being.

SIPS focuses its attention on the fact that the *human body is electrical*. Our body utilizes and generates electricity along the Acupuncture Meridians, the neuronal pathways in the brain, at the sites of wound healing and the sites of bone regeneration to name a few.

As minuscule and subtle as these electrical currents may be, this *electricity* is vital to the life process. George Lakhovsky (ref 1) proposed that the electrical current is produced from *within the cell* and that every human being emits radiations manifesting visibly and energetically to some people as meridians, auras, Chakras, EMG waves, etc.

Every healthy living cell nucleus emits energy in an oscillating circuit, which has its own natural vibrational frequency and oscillation cycle. In this circuit, the signal is given off as an identifiable wave pattern, i.e. Liver Cell.

For example, when the body shows physical stress and the attitude/emotion is *bitterness*, this imbalance produces a disturbed or distorted cellular electrical wave pattern. This aberrant cellular frequency vibration causes interference with the normal balanced Liver muscle/meridian interface, which then registers emotion *bitter*, *LIVER* pattern wave length and the Liver muscles will now unlock, i.e. register stress.

## The Nature of Resistance

Richard Utt (ref 2) in 1993 explored the relationship of emotions and attitudes to Ohms Law.

### OHM'S LAW OF ELECTRICAL STRESS

I	X	R	=	E
Current		Resistance	=	Voltage
Amount of flow		Impediment to flow		Push or Force

Ian Stubbings in 1992 developed the concept of the STRESS INDICATOR POINT SYSTEM based on Ohms Law. He evolved the SIPS Law of Stress looking at the Resistance, the amperage and the voltage involved in energetic imbalances.

### THE SIPS LAW OF STRESS

<b>Equilibrium =</b>	<b>Current of Energy</b>	<b>X Resistance</b>
Power required by cell to maintain equilibrium	Flow rate of energy	Resistance to flow of energy
<b>STRESS IMBALANCE IN CELL</b>	<b>SIPS POINT X AMPERAGE</b>	<b>RESISTANCE</b>

To maintain balance the cell will draw from the Meridian System the frequency of energy the cell requires to compensate for energy loss due to that type of stress.

The SIPS procedure discloses to us the full force of the nature of the imbalance, providing a direct electrical readout of the stress at a cellular level. All imbalances by their nature manifest in the body physical at a cellular level. By focusing our primary attention at the cellular level, we capture all of the emotional, nutritional, energetic, attitudinal and physical dynamics of the imbalance and correct at the level of the basic building blocks of life. By balancing at a cellular level, we dramatically increase the potential to improve the quality and longevity of the correction in our tool kit.

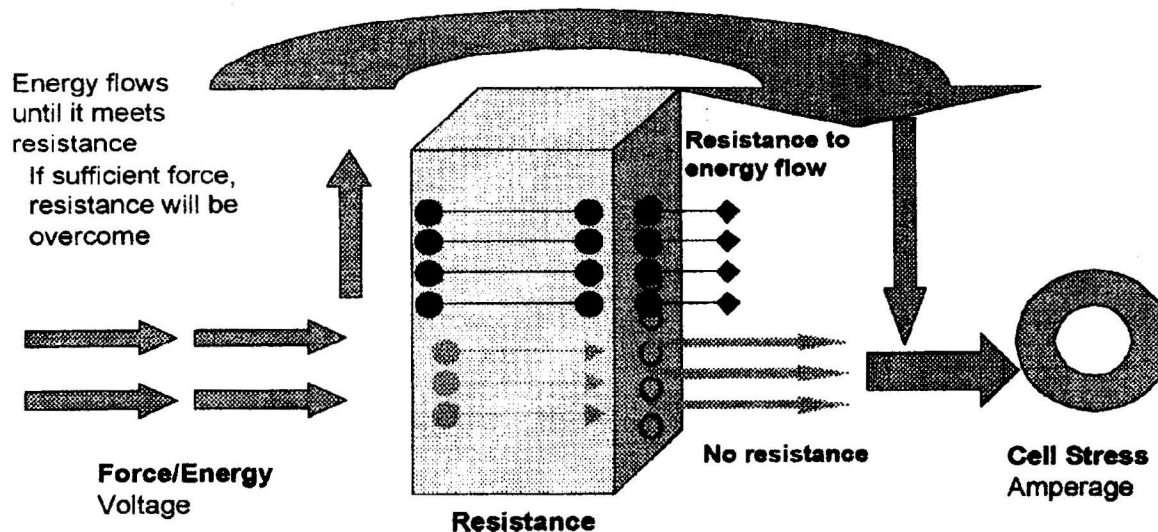
#### Resistance to Healing

Resistance is a measure of the force impeding the flow of an electrical current. In the SIPS Law of Stress, the resistance directly affects the power or the force of the healing energy available to assist the cell regain equilibrium. The greater the resistance to the healing energy, the less energy there is available to the cell, and the deeper and more permanent the damage to that cell. The only other option is to

compensate for the resistance by increasing the force required to overcome the blockage to the healing energy. Dis-ease occurs when the natural access to the Universal Energy is blocked and the cellular structure is starved of energy/love and becomes stressed. A cell that has lost equilibrium and is emitting a disturbed energy field signal, requires energy from the universe to regain that equilibrium. Healing manifests when the client connects to their core understanding which occurs when all resistance to the flow of the Universal Energy ceases within the context of the balance.

Cells appear to generate energy on seven main frequencies that correspond to the seven main EMG layers of our Aura, and the seven Elements of the Meridian system. Resistance to the Flow of universal energy to the stressed cell is an indicator of the critical factor in the failure of the self-healing processes of the body to manifest. Until all the layers of resistance to incoming Universal energy are balanced, the balance is likely to be unsuccessful in the long term. The benefits of the balance may not hold when aspects of the other resistances to the healing occurs.

## SIPS DYNAMIC LAW OF STRESS



Identifying the RESISTANCE level that is the most applicable in a particular imbalance is vital in restoring cells to their maximum health with the least effort. By minimizing resistance to the healing energy, less force is required to

heal and less energy is expended to maintain equilibrium. Thus with SIPS Resistance layer techniques, the more likely a client is to obtain long lasting and deeply effective balances from your existing techniques.

## Continuous Recording Mode

Continuous Recording Mode (CRM) was conceived and developed by Ian Stubbings in order to be able to record a continuous flow of biofeedback occurring during a physical activity or train of thought. CRM recognizes and captures the dynamic aspect of imbalances throughout a range of motion or action e.g.: imbalances that may exist for only a brief moment, such as muscle re-activity.

Ian Stubbings became aware of the need to enter the full context of all the components comprising an imbalance. What of those components which contribute to the imbalance but remain unknown to the monitor? Only when an imbalance creates greater than 50% stress in an indicator muscle circuit will an indicator change occur.

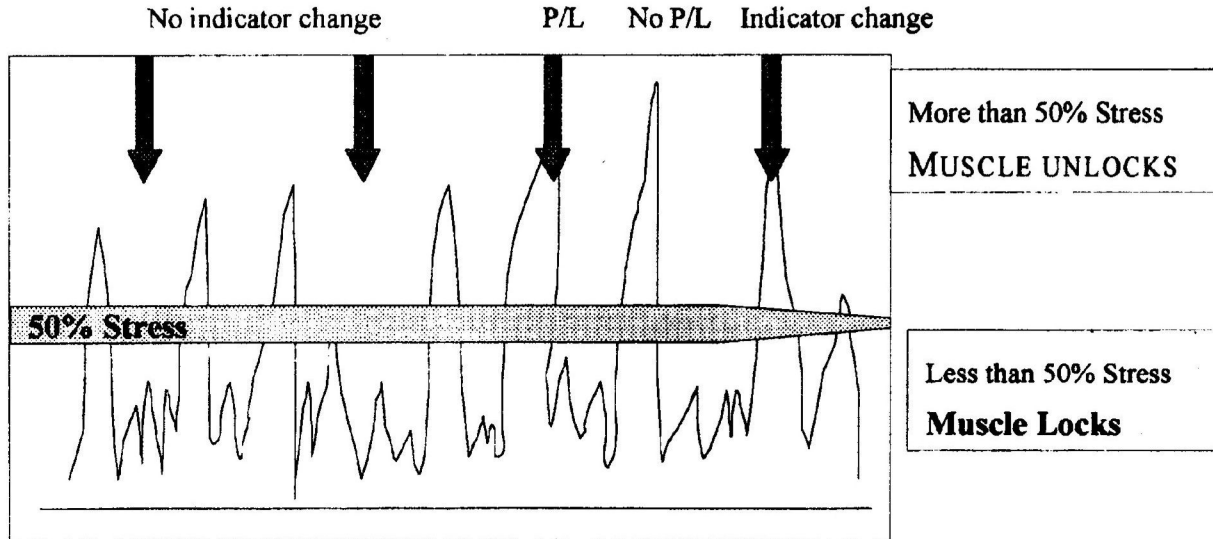
Only those imbalances creating greater than 50% stress will be entered into pause lock at this snap shot of time in which the pause lock is recording. Many minor components of the imbalance not reaching the 50% level will not

be recognized or entered onto the circuit and hence not entered into the balance.

An analogy is made with a spectrograph analysis of the chemical components of lemons. There are hundreds of major and minor peaks in the chemical sub-units that comprise natural lemon flavor. When scientists created artificial lemon flavoring, they blended thirty or so chemicals represented by the major peaks on the spectrograph.

Human taste buds distinguish very clearly the difference between natural lemon flavor and artificial lemon flavor. The "richness" of the taste of natural lemon is contained in the details of the minor peaks, the nuances, of the more subtle chemical structure of natural lemon flavoring. The real essence of lemon is contained in these nuances. Similarly many of the nuances of a Kinesiology balance may be unrecognized because only the major peaks i.e. unlocks are recorded.

## DIAGRAM OF A BALANCE



**Finer Nuances of Stress** may not reach 50% stress level or may not be evident at the time of pause lock or of stacking.

Continuous Record Mode appears to create a carrier wave that records continuously to the central computer and gathers all the relevant stresses that may occur between the indicator changes. Continuous Record Mode also provides a means of entering the dynamic nature of stress when monitoring for the over 50% peaks is not possible or practical.

CRM is a body point that is held for the time the action of imbalance is performed. This simple technique can greatly enhance the depth and power of your balancing by addressing the full dynamic nature and context of the imbalance.

### Protocol for Continuous Recording Mode

- Pause Lock to open the circuit
- Hold the body point for Continuous Record Mode (See figure below)
- Have the client talk, action or think of the imbalance
- Pause Lock again prior to releasing the CRM.
- Balance with your normal techniques

### References

1. George Lakhovsky, 1935, *The Secrets of Life* Reprinted 1970, Health Research, California, USA
2. Richard Utt, 1990, *Attitude With Essence*, IAP, Tuscon, Arizona, USA

