

The Duffer's Guide to New Science explanations of what we do

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"Quantum mechanics, that mysterious, confusing discipline, which none of us really understands, but which we know how to use"
Physicist M. Gell-Mann.

Substitute the word kinesiology for the "quantum mechanics" and you have the start of a discussion I have had many times with clients and friends. In this conference paper, I would like to propose having a dialogue to discuss some of the new science theories

which might explain what we do when we use kinesiology. **"Dialogue is shared exploration towards greater understanding, connection or possibility"**. (A bit like a balancing session I would like to venture!). In the break out session we will have a dialogue to discuss some of our ideas about what may be happening in kinesiology balances.

For now I will present some of my own musings from part of my PhD in the hope that they may get your own creative juices flowing.

The conundrum:

It has been challenging enough over the past 30 years to even describe the methods that kinesiologists use, but when faced with the question of "How does it work?", it becomes more difficult.

Some scientists do not think it is possible to take theories about quantum events, or things that happen at sub-atomic level, and to apply them to the physical and metaphysical event. Physicist Roland Omnès talks of speculation, or "twaddle" and "balderdash", for those who look to quantum theory for explanations of consciousness, or for support for a new participatory metaphysics. (Clarke, 2002).

However, classical physics cannot explain healing encounters and that leaves much of complementary medicine still an enigma, but not all that we do can continue to be written off as the 'placebo' response. Stephen Hawking admits: "We have no idea how the world really is. All we do is build up models which seem to prove our theories". So here are a few theories which I would like to offer up for discussion:

Goal setting.

1. When a person has a symptom or pain, it is just one possible response to the set of circumstances which caused it. There are other possible responses which are waiting in potential form to be brought into (being) matter in the body. When we create a goal before muscle balancing, we aim to create one of the other potential responses which will be healthier for us, or will make us feel better. This is the message of quantum mechanics: "the world is not determined by initial conditions, once and for all. Every event of measurement is potentially creative and may open new possibilities" (Goswami, 1993).

2. One of the central ideas in quantum theory is of complementarity: that light functions either as particles or as waves, but when it is not observed, either function is only a possibility. It is in the type of observation that the light 'collapses' into either a wave or a particle. Bohr said: you can decide what to look for, either the atom, or the speed it is moving at, but not both. I wonder if by helping the client to take their focus off the physical problem and put their intention onto the potential improvement, we help them create a wave of possibility for themselves.
3. Once they see (observe) the wave of possibility and choose a goal for the balance, the wave collapses and the manifestation of a new reality is now probable. According to physicist Amit Goswami (2002) the collapse of the wave function can affect any of several probabilities: by which he means the vital body (energy body), the mental body, the intellect, or the physical body. This reminds me of our Touch for Health triangle of health model.

Pretesting muscles:

Getting a readout of the bio-computer before the balance shows the client their posture over the situation, and how the muscles are holding up under the stress of their problem. When the bodymind is fragmented in this way, no healing can take place, as healing requires the body to be receiving coherent signals. (Oschman, 2003. Emmons, 2003. Bohm & Peat, 1987). Mixed up (incoherent) intentions prevent us from choosing healing thinking; as it is the mind that fragments, we cannot use mind as healer, we need to contact the supra-mental. (Goswami, 2002).

Balancing the muscles:

1. Whatever method of kinesiology we use, however big or small our toolbox, the aim is to restore muscle strength to muscles that are under-functioning. In Touch for Health we use the challenge technique to determine if the muscle imbalance has been corrected at all levels, in PKP we use finger modes and age recession to make sure the balancing is complete.
2. Physicist David Bohm describes the Implicate/Explicate order which I suspect may be what we are tapping into with our challenges and finger modes. The Implicate order means that everything is enfolded into everything: The Implicate order of matter, (both the living and non-living), along with the unseen world of our thoughts, feelings, urges, will and desires is enfolded into the world that appears to our senses, the Explicate order. (Bohm, 1980). Both implicate and explicate move along in a seamless whole, which

Bohm refers to as the holomovement. It is not possible to access the Implicate order through thought, only through insight.

- Each time we do a challenge, or do another finger mode we tap into another part of the implicate order, working our way back to the source of the imbalance. In Touch for Health, the client will start to talk about things that have happened to them, or how they feel about someone or something in their life, and often they have an insight, an 'aha' moment when they 'know' something differently. This place of choice, where they can now choose to look at something from a new perspective, is the place where the quantum wave collapses, and the new probability emerges.

Client/kinesiologist interaction.

- We already know that light particles that are observed function differently from those that are not observed. This puts the observer into the role of a participator in the interaction. It is a participatory universe. (Wheeler). When a person with consciousness looks, the possibilities collapse and become unique actualities, or consciousness chooses one possibility out of all of them. (Goswami, 2002). The client becomes a participator, observing their own universe.
- New quantum theories of entanglement, specifically global entanglement theory, offer some explanations for the beneficial interactions between the client and the kinesiologist. In specific entanglement theory, the therapist's pattern heals the patient, but global entanglement theory pre-supposes that systems are naturally self-healing, and therefore the patient self-heals, according to the pattern of the patient or of the system in which the patient is a part. (Hyland, 2004). Global entanglement theory fits more with kinesiology teaching that the body is a self-healing mechanism.
- The concept of an entanglement prone personality is key, and I suspect that effective kinesiology practitioners are high in entanglement proneness. Goswami states that we need to intend an entanglement then we will get an intentional move to the Supramental level where healing occurs.

If you have any further thoughts and would like to talk more about these ideas, I can be contacted at info@sustainableself.com +1144 161 433 571

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