

Intrinsic Energy

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What it is

The intrinsic energy is the amount of energy available to our body for the functions of all the body systems. It is a functional energy, that modifies its quantity in relation to the lifestyle and the personal tasks or purposes of each individual. The appropriate contribution of this energy is fundamental in order to allow the body to activate its self-healing ability, to maintain its balance during the stress phases, to bring vitality to the

body cells and to the individual constitutional elements. The values of intrinsic energy are tested through specific acupuncture points.

How it was discovered

The first discoveries date back to 1995, when I began to study, classify and experiment with the different types of muscle response to the kinesiology test. I developed an initial classification that divides the acupuncture points applied into two categories respectively called *test points for normal muscular states* and *test points for neurological muscular states*. A third category has been defined for *states out of standard*.

The first category tests the variations of standard muscle response, the second one tests the compensations or the adaptations localized in two or more muscles of an articulation and the third category, not entirely understood in its whole function when discovered, tests broader compensations, often time referring to one side or to the whole body. At the beginning of 1998 I discovered a greater interrelation among the different points and developed a higher understanding of their functions. In 1999 I found out an additional combination among the points, that was developed and classified during the following years, until obtaining a full classification of the possibilities at the beginning of the current year.

There are two main categories of points, called "*states of muscle response*" and "*stress cycles*". The first one allows activation of the self-healing principles of the body and the second one keeps the balance during the stress phases. The two main categories are divided into seven subcategories, forming a total of one hundred and twenty two possible applications or combinations of points.

Experimentation

I have used the points and their applications with at least two thousand cases, getting in almost all of them extremely satisfying results.

The primary effects are:

- creating and optimizing a self-recovering response of the body, in relation to what will be later applied with the client.
- in a small number of cases, the response to the self-healing principle evoked by the rebalance of the points is in itself enough to help manifest the health potential of the individual.
- an ability to release the energy engaged in containing stress or trauma, allowing its use to manifest an expression of health.

- optimizing the muscle response.
- kinesiological enhancement of concealed imbalances.

The life and death cycles

The basis of the energetic movement of intrinsic energy can be found in the *life and death cycles*. The energetic model used in these cycles is the one of the five elements. The *life cycle* originates and ends in the lungs and represents the expression of the individual's essence; the *death cycle* originates and ends in the kidney and represents the manifestation of energy. One of the two cycles (usually the death cycle), is continuously and actively expressed within the intrinsic energy structure. Both cycles do manifest themselves through the same intrinsic energy structure, and while one is at sleep during the normal daily activities (usually the *life cycle*), the other is active. When the intrinsic energy expresses itself through the life cycle for normal daily activities, we observe a manifestation of deep imbalances, usually autoimmune ones. The subtle balance between the two cycles allows the body to maintain and regenerate itself; a reverse manifestation of the two cycles leads the body to destroy itself. The optimization of this energetic balance in the kinesiology session therefore allows a better individual response to the expression of health. Those who have clinically used the points of intrinsic energy ascertained a restoration of the energetic balance of their clients, quicker than the previous average.

The meridians of intrinsic energy

Numbering two on each side of the body, the meridians of intrinsic energy are functionally related to the Conception Vessel and Governing Vessel. They collect the energy unused by other meridians and send it to these two meridians. This is facilitated with the support of the pulmonary respiration. It is no accident that the two meridians circulate around the lung. Hence it follows the importance of a good functioning of these two meridians, which allow the body to reduce its waste of energy. Unlike the recognized meridians, it doesn't appear that there is a definite direction of the energy circulation, maybe just because in this case the energy must simply be collected and sent to Conception Vessel and Governing Vessel.

I have named these two meridians respectively *nervous system meridian* and *endocrine system meridian*. The first one is the functional meridian of Conception Vessel and it surrounds the lung on the anterior part of the body, the second one is the functional meridian of Governing Vessel and it surrounds the lung on the posterior part of the body. The points of these two meridians, just like the extraordinary meridians, belong to other meridians. The points of the nervous system meridian are the ones used for the rebalance of the intrinsic energy and have been widely tested. The points of the endocrine system meridian are at an advanced experimental stage after about four years of study.