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### **Love Is The International Language**

For quite some time, I've been working with people who have learning problems as well as those who have abuse or trauma in their background. I've noticed that one of the things these clients have in common is stress in their capacity to love and/or be loved. Almost always, the client's capability for loving another AND feeling the love another offers is compromised; sometimes it's only the ability to receive love that's strained; and occasionally, it's only the ability to love another. But in 99% of the cases, considerable stress is involved in the person's "Love" potential.

The reasons for these phenomena are fairly obvious, and are as varied as the clients themselves. But more importantly, as kinesiologists, what can we do about it? How can we affect change in a client's ability to give and receive love? What do we have to offer that is unique to energy kinesiology? The answer is clear: it's our ability to change subconscious emotion and reaction.

Richard Utt of Applied Physiology created a mode that he calls "The Love Mode," which accesses the emotion of Love for that person. It's a very big mode, which covers a lot of territory. It includes the person's love for self, love for another, love of country, family, God, home, and equally his ability to receive love from all of those areas. It is much broader than the idea of loving a lover.

I've been using this mode with clients for over a year now, and have found that it can get to places that no other tool can. Here is the Love Mode, included with Richard Utt's permission:

## LOVE MODE

Tip of index, middle and ring fingers to side of thumb. Little finger up.

- Find a partner near you, and simply test the Love mode on each other.
- Do you find an indicator change in the clear?
- If not, use the Love mode and test K27 Right. If you found an indicator change on right K27, there is stress on male love: perhaps father, brother, or past or present lover.
- Now test the Love mode and K27 Left. If there is an indicator change, there is stress on female love: possibly mother, sister or past or present lover.
- Now try the Love mode with CV22, the Sternal Notch. If you find an indicator change here, that indicates stress on self-love: maybe the male (test K27 Right) or female (test K27 Left) part of ourselves.
- Do Frontal/Occipital Holding for one minute to clear.

Simply putting this into circuit and balancing it can make a big change in a person's outlook and behavior.

Remember, these issues are usually deep, so don't be surprised if there is more to do, or even if there are tears during the correction.

Then it occurred to me that Gratitude is tightly connected to the emotion of Love. How

## GRATITUDE MODE

Index, middle and ring fingers wrapped around side of thumb. Little finger up.

does Gratitude influence Love, and vice versa? Is a person's ability to feel Gratitude part of his capacity to feel and express Love? So I developed the Gratitude Mode, which is similar to the Love mode.

Let's try this like we did before:

- Test the Gratitude mode on your partner. Do you find an indicator change in the clear?
- If not, use the Gratitude mode and test K27 Right. If you found an indicator change on right K27, there is stress on male gratitude: perhaps father, brother, or past or present lover.

- Now test the Gratitude mode and K27 Left. If there is an indicator change, there is stress on female gratitude: possibly mother, sister or past or present lover.
- Now try the Gratitude mode with CV22, the Sternal Notch. If you find an indicator change here, that indicates stress on self-gratitude: maybe the male (test K27 Right) or female (test K27 Left) part of ourselves. This often shows with people who can never acknowledge their own achievements or talents.
- Do Frontal/Occipital Holding for one minute to clear.

I used these two modes for quite a while, separately and together, with amazing results. Clients reported that they felt "lighter", "happier", and their relationships were better than they had been in years.

I've recently become quite interested in The Hidden Messages in Water by Masaru Emoto and David A. Thayne. Their work talks about the effects of human emotion on water. You've probably seen pictures of how water crystals are changed by directing different emotions directly into water. If that is so, and the human body is composed of 70% - 90% water, then how must emotions projected onto us affect our body itself? And, more importantly, how would actually *feeling* these emotions – having them originate in our own bodies – change the molecular structure of the water in our bodies, and therefore our bodies themselves?

Emoto and Thayne write that the emotion of Love changes water to positive crystalline structure. They also say that the emotion of Gratitude changes water to positive crystalline structure. But the very best, they claim, is the *combination of Love and Gratitude!*

Imagine: we have the means to change the crystalline structure of the water in our clients' bodies. How? Simply by using energy kinesiology methods and techniques. Here are some possibilities:

- Use Love mode alone
- Use Gratitude mode alone
- Combine Love and Gratitude modes
- Combine Love and dehydration modes
- Combine Gratitude and dehydration modes

- Combine Love, Gratitude and dehydration modes

Can we, by changing the crystalline structure of the water in our bodies, change the way we feel? The emotions we feel? To the reactions we have to others and their projections on us? Can we help those suffering from depression rise up from that lonely and desolate place to enjoy their lives again?

- “The world actually looks brighter”
- “I feel more alive than I have in years”
- “I hugged my grandson last week and really meant it.”

What a wonderful tool we have in energy kinesiology. How very lucky we are that we can help people the way we do. I'm enormously grateful for those who have gone before me to create the path, and for others who have illuminated it. May we all work in love and gratitude, expressing Love and Gratitude with every passing day.