

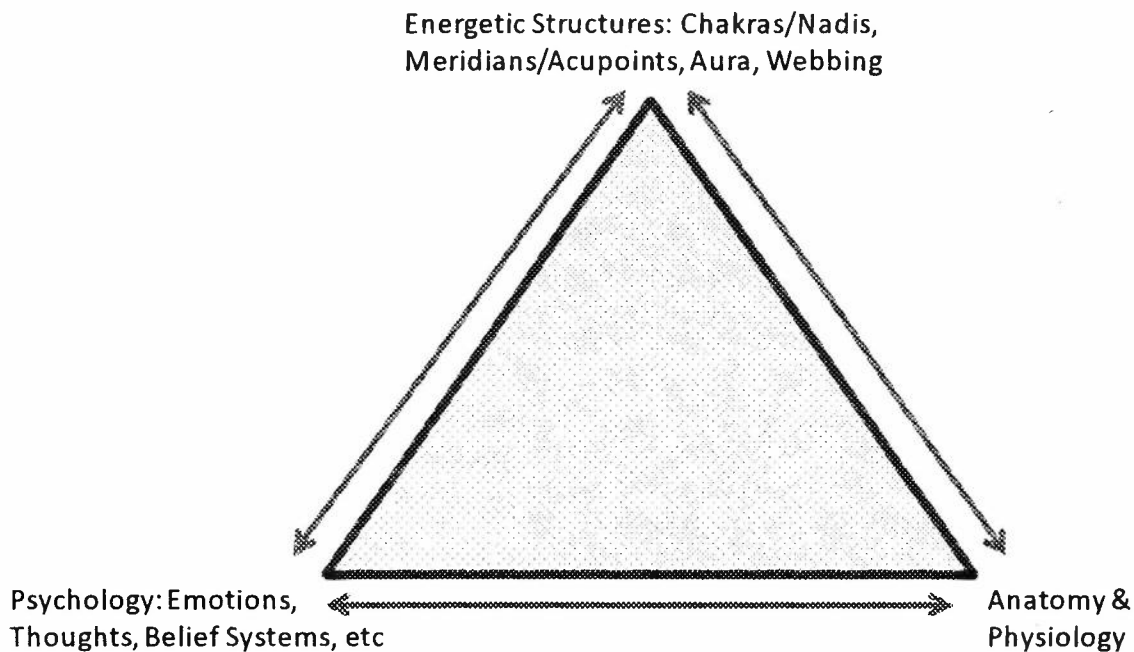


**Hugo Tobar** is the founder of 'Neuroenergetic Kinesiology' and has been writing and developing courses since 1998. Hugo's rich cultural background comes from Ecuador and Australia. Before Kinesiology he had done a variety of things including studying Civil Engineering in Ecuador and Australia; and living 3 years in India experiencing Eastern philosophies. After discovering Kinesiology while in India, his journey has taken him through many highs and lows including his two children, divorce (2005), and the meeting with his fiancée Alexandra Gasper. Hugo studied Kinesiology in Melbourne with notable Kinesiologists such as Charles Krebs PhD, Chris Rowe and Kerry Sedgeman. After attaining the diploma in Kinesiology

from the college in Melbourne, he continued his training with Charles Krebs PhD (founder of LEAP), Richard Utt (founder of Applied Physiology) and Ian Stubbings (founder of the Stress Indicator Point System (SIPS)). Shortly after graduation from the college he started to develop his own ideas that he later shared successfully with his colleagues. Charles Krebs PhD soon recognised the potential of his ideas and invited him to present a paper at the Applied Physiology annual meeting in Tucson Arizona in 1999. This led him to be invited to teach in institutes all over Europe, including Kirchzarten Germany, the world's largest Kinesiology Institute. The conference in Tucson Arizona was his platform to launch his worldwide teaching career, since then he has been travelling all over the world teaching Kinesiology. Hugo's work, Neuro energetic Kinesiology, is now considered a major force in modern Kinesiology, with practitioners of his method all over the world. He has written over 30 courses and continues his prolific development of material that also had a deep impact in other areas of Kinesiology such as the LEAP system by Charles Krebs PhD. His work includes topics from diverse areas such as chakras, meridians, emotions and psychology to in-depth areas of anatomy and physiology such as the immune system, biochemistry, endocrine system, primitive reflexes, structure, pathology and the nervous system. He recently founded the International College of Neuro energetic Kinesiology ([www.icnek.com](http://www.icnek.com)), and accredited it as a Registered Training Organisation (RTO) in Australia to raise the standards of his Kinesiology trainings.

Today he is teaching in America, Europe and Australia, with a lot of appreciation. He has also authored over 20 courses expanding on AP & LEAP, and continues to innovate more courses today.

## Stress and its Effects on Health and Disease



**Fig 1 The Balance Triangle**

Every psychological imbalance has a physical imbalance. The psychological imbalances can appear as temporary mental/emotional imbalances or as more chronic mental disorders.

An example of this is feeling sad or lonely to having a full blown panic disorder. These, in fact, have the same underlying neurology. They are just different degrees of innervation.

The physical imbalances associated with the psychological disorder are in both the anatomy and physiology. Every psychological disorder, whether it is a temporary feeling or a chronic condition has a neurological imbalance. This manifests in the neurotransmitters endocrine system etc. There is also an imbalance in the chakra system that accompanies this. The chakras, in fact is where the imbalance is held.

For me, in Kinesiology what we do is remove stress. This allows the client to adjust and deal with the stressor and heal themselves. This raises the question how exactly do we remove the stress? Well the first step is to access the stress, and how is this done? There are many ways of doing this, and some of them require the practitioner to have a high degree of expertise and personal development.

## Part 2, The Holistic patterns of interaction

In the physical body chemical messengers send messages between 3 major body systems. These messages are called hormones or neurotransmitters. These messages are analogous to SMS messages. When we send an SMS message we need to send it to another phone, this phone has to be able to receive the message. If the phone is turned off it cannot receive the message. When the phone is turned on it can receive the message. In this way two people can communicate between each other through mobile phones. In a similar way 2 cells in a living organism can communicate with each other. The hormone or neurotransmitter transmits the message much like the SMS does. The receiving cell must have a functioning receptor for the hormone or neurotransmitter, much like the receiver of an SMS message must have a turned on mobile phone to receive the message. Different hormones and neurotransmitters transmit different messages; some can bring 'good' news, others can bring 'bad' news.

This is called the chemical messenger system and these messages are transmitted between different components of the 3 major body systems that can transmit and receive messages. These three systems are, the nervous system, the endocrine system and the immune system.

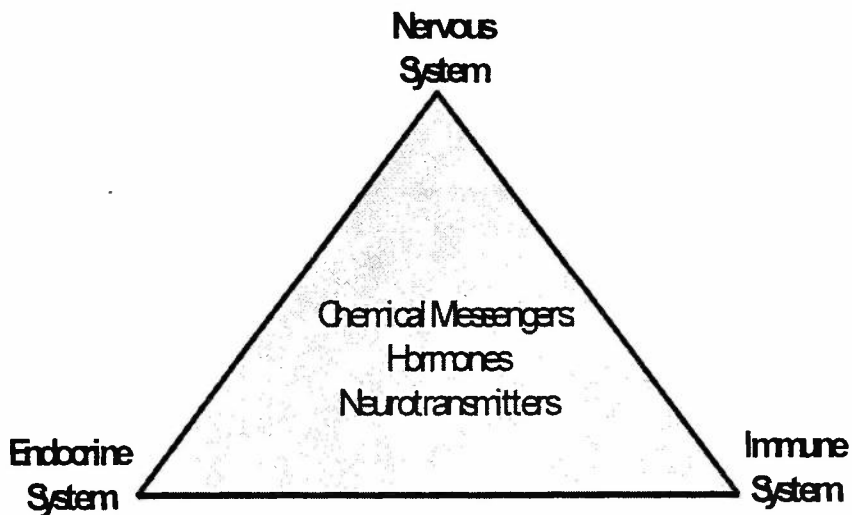
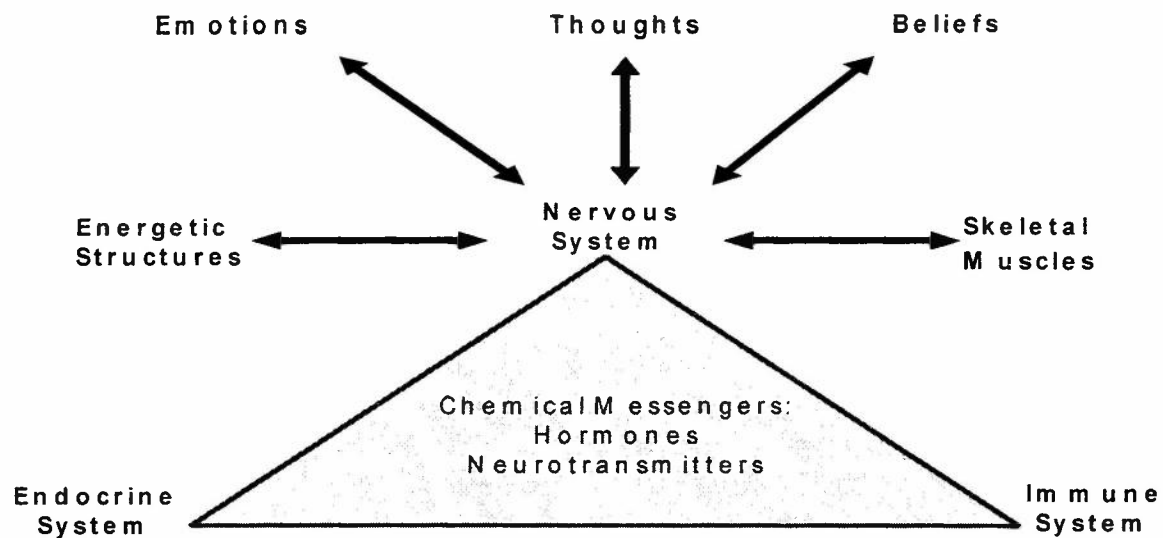


Figure 2 "The Chemical Messenger Triangle"



The holistic patterns of interaction exist between the physical world, the psychological world and the energetic world. Figure 2

### Part 3, The 3 Stages of Stress

Hans Selye developed a model of stress response called the 'General Adaptation Syndrome'. This syndrome divides stress into 3 stages, they are:

1. Alarm reaction (Flight – Fight)
2. Stage of Resistance
3. Stage of Exhaustion

Selye concluded that the stress response was non specific, automatic response to the stressor. These stressors could include any of the following:

- |                 |               |
|-----------------|---------------|
| ⇒ Psychological | ⇒ Severe      |
| ⇒ Physiological | ⇒ Real        |
| ⇒ Pleasant      | ⇒ Imagined    |
| ⇒ Unpleasant    | ⇒ Present     |
| ⇒ Mild          | ⇒ Anticipated |

These stress responses are mediated by the nervous system and the endocrine system. We can see from the previous diagrams that stress can effect how we interact on every level. In kinesiology we have a unique tool that helps us read the level of stress on any given level; this is called the muscle test. More specifically this is the use of an indicator muscle (IM).

When we test an IM there are 4 possible responses, they are as follows:

1. No Change
2. Indicator Change (IC)
3. Over facilitation (OF)
4. Under facilitation (UF)

An Indicator Muscle is used to test if there is stress on any given event, this can be by thinking of something, doing an activity or by circuit locating a reflex point. The response of the indicator muscle can then tell us about the levels of stress at any given point.

IM Response	Stress Stage
No Change	No stress
Indicator Change (IC)	1 <sup>st</sup> stage of stress
Over facilitation (OF)	2 <sup>nd</sup> stage of stress
Under facilitation (UF)	3 <sup>rd</sup> stage of stress

The muscle test is a neurological event, when we push against a muscle and it tests strong, this event is controlled by nerve fibres that cause the muscle fibres to contract. This means that when someone tests a strong muscle they are assessing the state of contraction of the muscle. Even when we are walking or standing, neurological mechanisms control our muscle function that allow us to walk or stand.

A muscle tests weak when stress that is measured by our neurology affects the muscle tone. Again, this weakness of the muscle test is a neurological event. What happens is that the output of the stressor turns off the ability for the muscle to contract. Thus the weak muscle test indicates that there is stress surrounding the issue that is being tested.

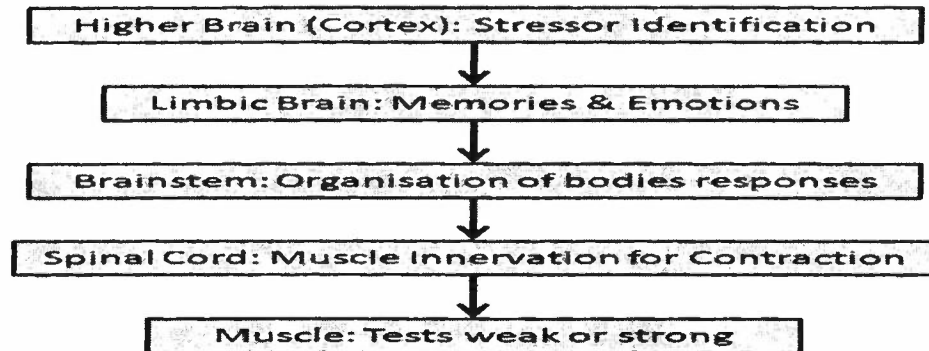
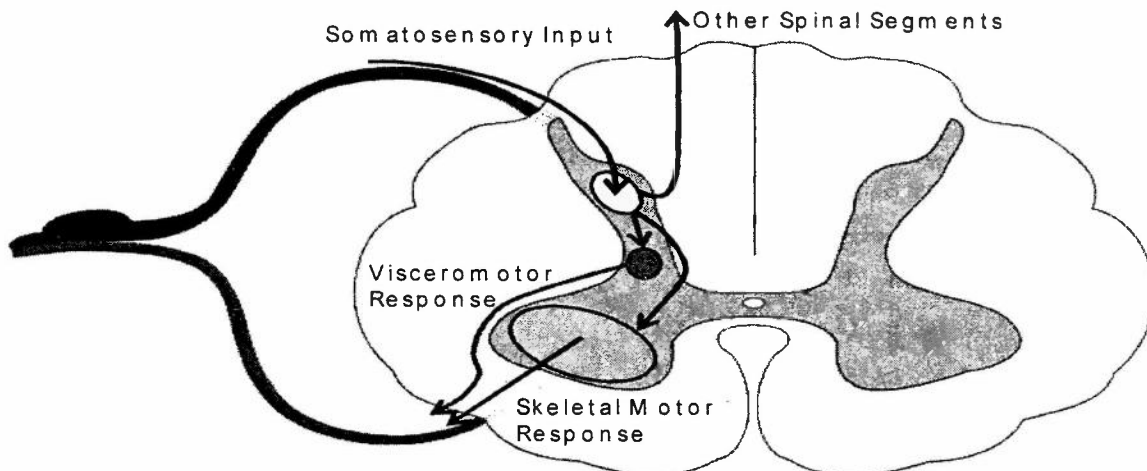


Figure 2; sequence of neurological events from a stressor to a muscle test through the neurology

### Nuero Reflexes

Any kind of reflex has certain characteristics, firstly there has to be some kind of sensory stimulus to trigger the reflex. Then secondly there is some kind of motor response within the body. This motor response can be visceromotor or cause skeletal muscle movement.

The simplest example of this is when a doctor hits a small hammer below the knee (sensory input) and the leg moves in response (motor response). Other example is that of reflexology where all



Figure; showing how visceromotor and skeletal motor reflexes work when triggered by a somatosensory stimulus.

Traditionally reflexes have been used in kinesiology as corrections for muscle tests, the two most important of these are the Neurovascular reflexes of Terrence Bennett D.C. and the Neurolymphatic reflexes of Frank Chapman D.O. The best review of these I have found is in the work by Leon Chaitow N.D., D.O., he describes the mechanisms of how they work.

The Chapman reflexes stimulate lymph flow via the visceromotor response (sympathetic nervous system) and by the skeletal motor response. Skeletal muscle acts like a pump to stimulate lymph flow along the lymphatic vessels. This is important as lymphatic vessels have a series of one way valves along them, and the only way lymph can flow is by the pumping action of the skeletal muscles.

The Bennett reflexes actually stimulate arterial dilation in certain parts of the body. This increases the blood flow and therefore the function

## **Bibliography**

Krebs, C.T. & Utt R.D., Anatomy and Physiology of the Brain and AP Formatting for Brain Anatomy and Physiology, 1994, Melbourne Applied Physiology, Melbourne, Australia.

Tobar, H.O., & McFarlane, K., The Chakra Hologram 2, 1999, Esoteric Kinesiology, Melbourne Australia

McFarlane, K., & Tobar, H.O., The Chakra Hologram, 1998, Esoteric Kinesiology, Melbourne

Paramhansa Yogananda Autobiography of a Yogi, Original Edition reprint, 1997, Jaico publishing house, Mumbai, India.

Powell, A.E., The causal Body and the Ego, 1992, Stellar Books, Manilla

Powell, Arthur E., The Etheric Double, 1969. The Theosophical Publishing House, London.

Swami Sivanada Radha, Kundalini Yoga 1<sup>st</sup> Ed. 1992. Motilal banarsidas, Dehli, India.

Swami Sivananda Spiritual Experiences 6th ed 1995, The divine life society, Shivanandanagar U.P. India.

The Academy of Traditional Chinese Medicine, An Outline of Chinese Acupuncture, 1979. Foreign Languages Press, Peking, China.

Tobar, H.O. Brain Hologram, 1999, Kinesiological Institute of Neurological Systems, Melbourne, Australia

.Tobar, H.O. Neural Emotional Pathways, 2<sup>nd</sup> ed, 1999, Kinesiological Institute of Neurological Systems, Melbourne, Australia

Tobar, H.O., Sacred Physiology, 2001, Mt Warning Kinesiology, Murwillumbah, Australia

Utt, R.D., Attitude with Essence, 3<sup>rd</sup> Ed., 1994. International Institute of Applied Physiology  
Tobar, H.O. Neural Emotional Pathways, 2<sup>nd</sup> ed, 1999, Kinesiologically

Utt, R.D. The Seven Chi Keys Workbook, International Institute of Applied Physiology, Tucson, Arizona.