



Aroma Kinesiology: Balance Energy in Seconds

By Dr. Yoshio Homma (USA/Japan)

The simplest way of balancing energy

Aromatherapy is a form of alternative medicine that uses volatile plant materials, known as essential oils. Aroma works for relaxation, massage therapy, and meditation. Many of TFH practitioners already know Aromatherapy; some are using aromas for balancing body energy or muscles effectively. Today, I would like to introduce not a traditional classic Aroma, but Health Support Kinesiology (HSK)'s Kinesiology-Aromas, which are correspondently made for 14 meridians.

Based on the theory of Chinese medicine, Kinesiology-Aromas are especially blended for Kinesiology by Yukari Hoshi, Japanese Kinesiologist and acupuncturist. These aromas correspond to each major meridian and five elements including its emotion, muscle, and physiological function. By using these Aromas, you will see the direct connections of each aroma, meridian and muscle only within 0.2 second. Furthermore, we keep reconditioning these aromas uncompromisingly in order to produce the highest potential in clinical treatments, which can resolve deep trauma and strengthen muscles, energy flows, and feeling of relaxation.

I would like to introduce the simplest kinesiology with the Kinesiology-Aroma, called Café-kinesi. You will see the simplest sessions with Café-kinesi and learn to do kinesiology to balance anyone at any restaurant before foods or drinks are served. You can experience the simplest, fastest, and most effective Kinesiology therapy.

What is Aroma?

Aroma essential oils have been employed as medicines. The concept of aromatherapy was first mooted by a small number of European scientists and doctors 1907. In 1937, the word first appeared in print in a French book on the subject: *Aromathérapie: Les Huiles Essentielles, Hormones Végétales* by René-Maurice Gattefossé, a chemist. An English version was published in 1993. A French surgeon, Jean

Valnet, pioneered the medicinal uses of essential oils, which he used as antiseptics in the treatment of wounded soldiers during World War II.

Aromatherapy consists of two basic mechanisms. One is the influence of aroma on the brain, especially the limbic system through the olfactory system. The other is the direct pharmacological effects of the essential oils. Aromatherapy helps the body to find a natural way to cure itself and improve immune response.

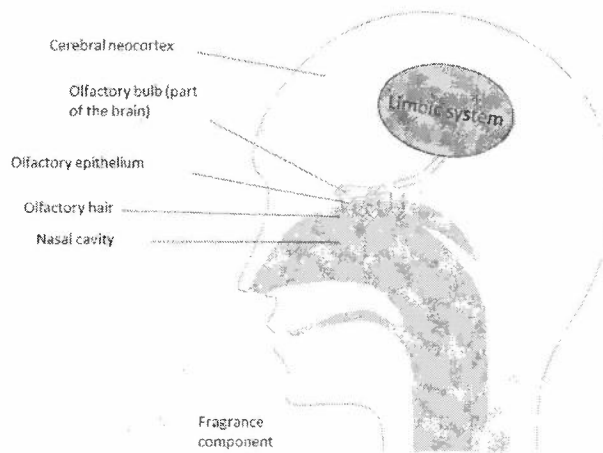
How Aroma Works for Balancing Body Energy?

A smell can bring on a flood of memories and influence people's moods because the sensory system of smell, the olfactory bulb, is part of the limbic system.

The limbic system is located near the middle of the brain linked

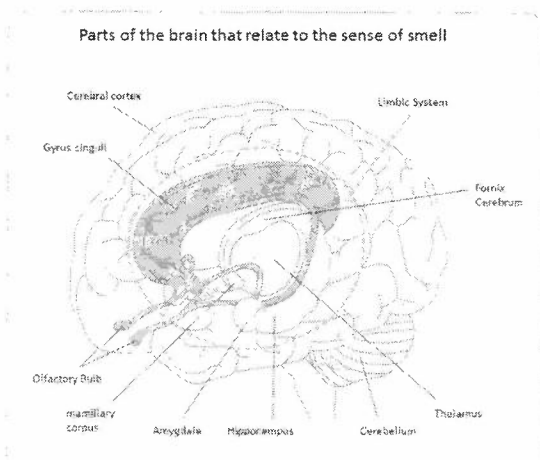
within the central nervous system. Among the limbic system, olfactory bulb has intimate access to the amygdala which processes emotion and the hippocampus which is responsible for associative learning

The mechanics of your sense of smell



From the Aroma Therapy text book by Fumio Wada

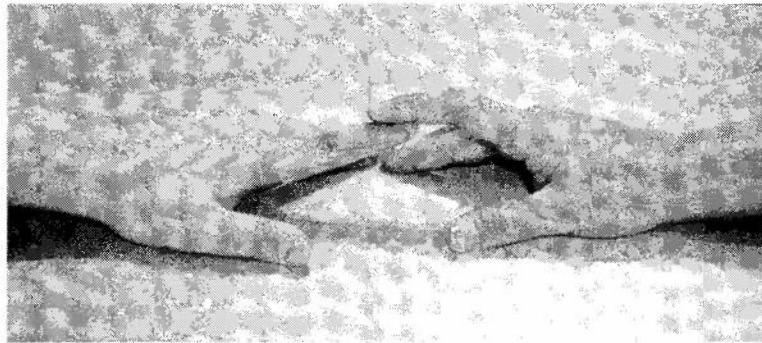
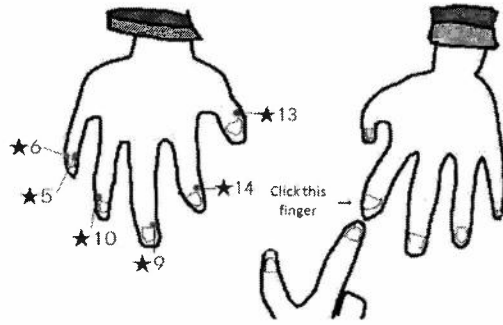
and memory. Therefore, some distant memories can only be recalled by smell, and this fact call attention to the importance of aroma for balancing body energy.



From the Aroma Therapy text book by Fumio Wada

“Our sense of smell is 10,000 times more sensitive than any other of our senses. Other senses like touch and taste must travel through the body via neurons and the spinal cord before reaching the brain

whereas the olfactory response is immediate, extending directly to the brain. This is the only place where our central nervous system is directly exposed to the environment.” (Von Have, Serene Aromatherapy).



The person who does the
Café Kinesi (Practitioner) :

Pushes down the Client's finger,
as if clicking a computer mouse.

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Ethics of Touch for Health

He who talks about ethics cares about the well-being of others.

TFH is an accompanying method that helps anyone facing an issue, a new challenge, a problem of choice...or simply to anyone wanting to take care of their health. Therefore TFH grants the opportunity to help people, to accompany them in the respect of their beliefs, their history and their choices.

But what does HELP really mean?

Flying to the rescue of a person and giving advice of any kind will never be an effective aid. The role of the practitioner is not to act as a friend, a saviour, as a doctor or a guru.

So what is his right place?

TFH is a technique centered on the person. The practitioner is present, available and above all listens to his client. Allowing people to talk about themselves but also respecting their silences, we offer a safe space leading to the setting up of the session.

In TFH the relationship between the practitioner and the client is a partnership, an exchange. The kinesiologist should not play a role. His authenticity is much more valuable to allow people to be themselves and express their difficulties and doubts.

The purpose of TFH is to help people to move forward in their life. Therefore we will help to set a goal to go in this direction. But helping people to identify their own goal and accompany them without any judgement is not always easy. That means putting aside our own beliefs and not trying to lead them to a goal that we would deem more satisfying for them.

That makes TFH a method of self-responsibility.

TFH includes by definition the notion of touch. Therefore, it is important to present to the person our way of working. Touch expresses the energy of the heart. Many things can be felt through touch. We must have a lot of delicacy in this area. Touch can be an attack for some people.

In TFH the person must be at the center of our concerns. For that it is essential for us to do personal work to break free from our own sufferings and difficulties. Our ability to evolve will also allow people we help to do the same. Carl Rogers said: "the ability to create relationships which facilitate the growth of the other as an independent person is to the extent of the development that I have reached".

John Thie offered us an extraordinary technique but who we are will always be more important than how we do things.

Why did he get so many results with so simple a technique? Just because everything was in the man he was.

These few lines are just a brief summary of "ethics in kinesiology" that I share with my students in a 3-day course.

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