

## Balancing with Relaxation

by Margriet DeWild

Last year at the meeting in San Diego, I met John McMullin, and this is where my story starts.

We talked about our work, he as a hypnotherapist - kinesiologist - herbalist, and me as a physical therapist and kinesiologist. As you see, two very different persons with a very different kind of work. But we have something in common, we both are helping people, supporting them part of their way, we both want to do this in a holistic way.

The other thing we have in common is that we both work with kinesiology.

Taking together, we learned a lot from each other, and what I wanted to find out, was what and how can we combine all these different things. I asked John if he would like to figure this out with me. After many phone calls he agreed and we came together again, watching how each of us was working and combining the different methods, wherever it was possible.

I am very happy and grateful that John gave me the opportunity to be in his office and to accompany his clients for a while on their way through their problems using the tools I had found through my work as a physical therapist and kinesiologist. He also gave me the possibility to sit in room, to listen, to look, but most of all to feel the way he accompanied his clients. It was then that I saw and felt the **power** of relaxation.

As a physical therapists we learned how to work with joints and muscles, but we often forgot that this joint or muscle was a part of a human being, with feelings and emotions. Because I was aware of this, I knew I had to find a way to accompany my patients as a whole person and not just pay

attention to a part of their body.

I did this by listening and relaxing them and letting them feel comfortable. I realized however that this only helped for a while and

then invariably they came back with the original complaint.

One day one of my patients told me about Touch for Health. She said to me, this is something for you, it suits your way of working.

This is how I got started on my way to kinesiology; in this method I found tools which helped me to get to the bottom of the physical problems and I found tools which helped my patients to solve them.

One of the tools is the muscle testing, for me a very good and interesting tool, which you all know, because it is the basic tool for Touch for Health, so I won't talk about this.

I want to talk about relaxation.

Relaxation has always been important in my work. In my praxis in Switzerland, I give gymnastic lessons. My clients need to learn how to sit down, how to lay, to walk the right way. I show them the right exercises so that they become aware of the right posture of their bodies in all those different situations.

I show them what happens to your posture, when there is a lack of energy.

Let us think about some examples like: what is your posture when you are depressed, how do you walk when your lover is waiting for you.

We all know there are a lot of different reasons for blocked energy and we also know that our body language reveals it.

I show them how to bring their energy in flow again, using exercises and meridian work. Here I am using the relaxation as well. I believe that when I am relaxed, I can feel my body and I can develop my awareness for my body.

When I am aware of how my body feels in a relaxed situation, "this is a good feeling" I

will be able to learn to understand better what my body is telling me when I am not in good shape.

So, at the end of every lesson I let my clients relax and with this relaxation we make a body-balance. I use different subjects for this relaxation such as yin/yang, the five elements, the chakras, or subjects like 'looking for your inner child' or 'looking for your inner guide'.

I found out that this way of relaxation made them feel in absolute harmony. Usually this feeling of harmony stays with them for more than a day. Normally I did this in group lessons only, but when I saw the good results, I started to do this work in single sessions as well.

So what did I do?

I did normal muscle testing to find out with my client what kind of problem there was, what priority there was and how we had to work on it, - **including relaxation** -.

This is where it happened, there were clients who wanted to be balanced with relaxation, who wanted to look at their problems in a new and different way.

Because there are so many different ways to make a body-balance, it is important to find out what a body wants to do, taking care to find the right goal for this balance.

After talking and testing to find the problem we have to look at, - with the right goal and the right age to work with, - . We put the goal in the pause lock and start the relaxation with an induction.

When the person is in a deep relaxation, she can meet herself at a specific age of her childhood and with the wisdom which she has now, she can help the child to solve the problem. You can do this at any age you need to.

After the relaxation we did all the pre-tests again and we saw that they all had changed in a positive way. And the goal was reached as well.

I also use this kind of balancing in every gymnastic lesson with a common theme like yin/yang etc, as I told you.

I brought a paper for you to keep, where I have written down how an induction works. At the same time you will find a paper where I wrote down two kinds of relaxation.

Knowing that it is impossible to do the same work on different people, I just wrote down some rules, some ideas to work with.

I think that everyone who takes a look at these rules will see that he may use his own imagination to handle them.

An important discovery for me was to find out that clients with whom I have done this kind of balancing, became interested in their own body and their body language, they started trusting their own feelings and became more secure about them.

Almost all of them started to talk in a different way out their body.

Before they became aware of their body, I always had the feeling they were talking about something they knew but were not familiar with.

They wanted to use me as a tool to change something for them, but then they realized that they had to do this themselves.

I think these were reasons enough for me to continue this kind of balancing and trying to apply it to different people with different problems.

I know that I am still at the beginning of the experience with this kind of work and that I need more time to use this tool. At the same time it would be very valuable to be able to exchange experiences with other kinesiologist and it would be fantastic if next year some of you would be able to talk about their experiences in this field.