

Transformational Kinesiology Unfolding Human Potential

by Karen Sellhausen, M.A.

Transformational Kinesiology (TK) is an exciting tool for healing and for spiritual advancement. TK is a specialized form of Kinesiology that uses the bio-feedback tool of muscle testing to uncover beliefs and energy blocks within us that prevent us from manifesting our dreams, goals, and desires. Such beliefs and energy blocks work against our taking the needed steps to create the life we desire. Once these beliefs are identified and are balanced on all levels -- physically, emotionally, mentally and spiritually -- by means of a TK process, we find new ability to pursue these dreams.

TK is developed, continuously expanded, and tested by Grethe Fremming and Roll Hausboel in their GRO Institute in Denmark. Grethe and Rolf were Touch for Health® instructors who researched and expanded the emotional repatterning work to include, at this time, more than forty Balances which they teach in practicums throughout the world. Many Balances are based on the information contained in the Ancient Wisdom such as is included in the writings of Alice Bailey and Torkom Saryadarian. Grethe Fremming and Roll Hausboel define TK as "a holistic energy balancing method based on the ageless wisdom utilizing muscle testing, transpersonal psychology and counseling, visualization, meditation and acupressure to facilitate personal and spiritual growth"

TK is a powerful adjunct to traditional counseling. TK also stands alone and brings about healing on all levels. It is an excellent tool for healing the effects of pain associated with our past, concerns in our present, and fears related to our future. In TK we balance for physical traumas, negative emotional programming, limiting beliefs, past-life experiences, and more. This balancing enables the person to develop potentials and to come into contact with the true self--the Higher, Spiritual Self. It is through this Self that healing comes.

In TK the facilitator uses muscle testing to assist the client in the Balance procedure. The client chooses an area of life in which change is desired--stress reduction, manifestation of potential, improved skills, or expanded consciousness. A goal statement is identified and refined. That goal statement then attracts psychic energy for the work to be done.

A process of prechecking then occurs, which further draws soul energy for the goal statement. Prechecking consists of verbal checks on the physical, emotional, mental and spiritual levels, during which beliefs are verified or denied through muscle testing. Verbal checking explores past, present and future. Prechecking further identifies physical and etheric symptoms related to the goal. These include body areas that are symptomatic, senses, organ reflexes, aura and chakras.

Upon completion of prechecking, a balance procedure is identified and performed. After any needed integration time, post-checking is done. Homeplay is identified. Homeplay is most often recitation of the goal statement combined with a Kinesiology integration technique that is performed for a specified number of days. As the person does homeplay in the days following, psychic energy is maintained for manifestation of the specified goal.

An example of a TK Balance is one that focuses on integration of our physical, emotional and mental bodies by means of a visualization taken from psychosynthesis. This TK process balances the system for any identification it might have with one of the personality bodies. By dis-identifying with these attachments we realize that we have a body but that we are not our body; we have emotions but we are not our emotions; we have an intellect but we are not our intellect. This dis-identification frees us to function from our Higher Spiritual Self--a place from

which we are capable of mastering and managing our thoughts, feelings and our physical body. It is a Balance that exemplifies the spiritual focus of TK.

Think about the implications of this in our healing journey. We know the prolonged pain or even immobility that is possible when we are identified with emotions. Identification with such feelings impedes consciousness. Just consider shame, rejection, or fear. Yet when we allow such emotions to be experienced as a part of our humanity, and as bringing us valuable information and opportunities for healing, then we can go through them with purpose. We can benefit from the learnings and recognize that they offer us the opportunity to move forward spiritually. We benefit when we recognize that these are experiences and are *not who we are*.

We apply the same discussion to our physical body, to our beliefs and to our thoughts. Again, identification with perceived physical imperfections or limitations can produce inner struggle, discontent and prolonged pain. When we can dis-identify with our overweight body, with an injury, or even with ongoing pain, we can begin to recognize these as experiences we are having, knowing that our true Self is not identified with these experiences. Likewise, we can dis-identify with a belief about how something "has to be" and can transcend the struggle our personality is locked into because of such a belief. During this and other TK Balances we can actually feel energy shifts in the physical body and sense alignment with the specified goal statement. We clearly move into new energy patterns, new perspective, and new clarity about resources that support higher functioning.

Beyond Relaxation The Trager - Kinesiology Partnership

by Karen Sellhausen, MA

The Trager® Approach is a psycho-physical re-education process that uses gentle, rhythmic, non-intrusive movements to facilitate the release of painful holding patterns that may be related to past trauma. Through Trager® movements these holding patterns are reprogrammed at the level of the unconscious mind. Physical patterns of pain, stiffness and stress are released, fatigue is dissolved, and physical comfort and flexibility are restored. Trager® movements create ease in movement as well as a sense of lightness, integration and well-being.

By introducing Kinesiology to the Trager® session, we both deepen and broaden the effectiveness of this work. Adapting the Transformational Kinesiology process, the practitioner and the client together identify the information that is *priority* for that person's system at that time. The Trager® experience now becomes a Kinesiology balance, bringing in another level of information and intentionality as we work with the system's energy in the healing process.

After clearing the system we muscle test to identify and refine a goal statement. The goal statement is created from a desire or an irritation that the person is experiencing. The most effective goal statement is a push--what do you dare do or be? An example of this is, "I boldly act on my intuition." My experience in using goal statements with Trager®, Reiki and other bodywork, is that they are related to higher level goals and are expansive, rather than limited to physical comfort. Not the expected, "I move with comfort, but a higher goal such as, "I safely take the next step on my path."

The goal statement now becomes the focus for the energy work during the session. The entire system now focuses *intentionally*, drawing psychic energy for manifesting the specified goal. A muscle test at this time, to check the person's belief regarding the goal, most often switches-off. For example, "I boldly act on my intuition" indicates NO--the person does not have this belief and does not boldly act on that intuition.

Further muscle testing, then, indicates which of the vibrational qualities of color, sound, and fragrance are to be used. Through muscle testing we identify how these energies are to be included. Typical examples are: a color lamp is to be used, the color is to be visualized in a specified area, the color is also visualized in the practitioner's hands, the sound is to be vocalized by practitioner and directed into a specified area of the client's body at the pitch of G, the fragrance is to be inhaled by the client every fifteen minutes, or the fragrance is to be put on the forehead. Using the intuition of both practitioner and client, we get the needed information.

Still further muscle testing can indicate if emotions, senses, glands, organs, chakras, or symptoms are to be included in this Balance. These may be identified through circuit locating or through verbal checking. It is wise to muscle test: "Something needs to be done with this emotion, sense . . . ?" If "yes," explore what needs to be done -- if "no," identification is all that is needed.

When all this prechecking is complete, the system indicates permission for the bodywork. The Trager® session then occurs utilizing all identified information. Upon completion, the goal statement is pretested for the person's belief. As a result of the session, the statement now most often indicates a switched-on muscle response, indicating the desired change in the person's belief and in the symptoms, organs, glands, and chakras that had been identified. Homeplay can be identified to help maintain psychic energy for

the goal statement and for the Trager® session.

The Kinesiology setup for a bodywork session can take as little as five minutes, depending upon the person's readiness to receive this work. My experience is that it takes longer in the initial sessions. Once the person is familiar with muscle testing, however, they come in ready to work, often with their goal statement in hand.

Doing a Trager® or a Reiki session with Kinesiology feels natural to me and it provides a richness, a completeness that I miss when excluded. Clients have excitedly reported results from the combined approach, noting increased physical comfort, progress on their goal, and a heightened sense of well-being.

Karen Sellhausen (Shiranda Deerwoman) is a practitioner of Trager®, of Reiki, (Second Degree), and of Transformational Kinesiology (TK). She has a background in education that includes a Master's degree in counseling. Her counseling background enhances her skills in working with persons in the Kinesiology sessions. Karen has received advanced training in TK from the developers in classes hosted in Columbus, Milwaukee and Minneapolis. She has targeted TK and related information as a life study. Karen plans to relocate to Albuquerque later in July.