

A Kinesiological Approach to Chi-Kung

by Hugo Vermeesch

Dr. Sha (haaaaa-haaaa) has been a source of much humour and conversation since his infomercial at the '94 Touch for Health Conference in Vancouver. His antics were laughable, but his techniques seemed to work. His was only one of perhaps thousands of types of Chi-Kung (also spelled qi-gong and chi-gong). If I were to tell you that I know about Chi-Kung, it would be like saying I know music. Your next question would probably be, "What kind of music?" We have a choice of rock & roll, country & western, jazz, blues, classical, rap and the list goes on. If that wasn't enough, each classification has hundreds, perhaps thousands of styles depending on the artist. Chi-Kung is very similar. Each master applies his own style to the basics and over a period of thousands of years we now have a tremendous variety of Chi-Kung styles. The basic principles however, don't change. All Chi-Kung practitioners understand that ill health and disease are caused by an imbalance in body energies and although the techniques may differ, the goal is the same: to bring balance to a situation of under or over energy in the body. This is most often accomplished by directing energy with the hands. A Chi-Kung practitioner becomes a master only after years of study and training to know where to place the hands and how long to hold them.

After some experimentation with kinesiology I discovered that we can eliminate much of the study time by asking the body (muscle testing for weak IM) where to place the hands and how long. By no stretch of the imagination does this mean that with the help of a little muscle testing I have become an instant Chi-Kung master. Chi-Kung holds a wealth of wisdom that is well worth many years of study. The combination of muscle testing and a smattering of Dr. Sha's style of Chi-Kung however, can add a very powerful tool to our toolbox. The following is a technique I have adapted (with permission from Dr. Bruce Dewe) from the *Tibetan Energy and Vitality* workshop.

To direct energy with the hands we need to appoint one hand (usually your strong hand) to be the 'positive' hand, and the opposite one to be the 'negative' hand. The objective is to cause energy to move. We need not know if the situation is one of over energy or under energy; the body's bio-computer takes all of that into consideration. The strong or 'positive' hand will act as the driver to push energy toward a given point. The opposite or 'negative' hand then will act to draw energy through the same point. The result is that the energy blockage is removed in a way similar to TFH. (Aren't we surprised?)

To begin: Use basic "switching on" techniques: run central meridian backwards, test both anterior deltoids for switching, tug hair while muscle testing (water test), etc.

Lock in this statement with an IM, "The body will show where to place the 'positive' hand."

Testing: The "fuzzy glove".

This is called the 'fuzzy glove' test because it utilizes the fact that the aura surrounding the hand is just like a 'fuzzy glove'.

1. Move your hand from left to right and back again several times as you draw the hand slowly downwards and up again just 2 inches off the body and legs. Follow this procedure for the front, rear, and both sides of the entire body.

2. Test the indicator muscle (IM)

IM unlocks = the spot will be on this side.

IM locks = the spot is not on this side.

3. Now divide the indicated side into three areas (head, upper body, and lower body) and use the 'fuzzy glove' technique on each area, one at a time.

4. Test the (IM) as per 2.

5. When the area is indicated, do a 'scan' to find the exact spot.

Repeat the preceding procedure for the 'negative' hand.

*** These points may not have any apparent relationship to the area of pain or disturbance. i.e. - For a pain in the shoulder a point may be in the stomach area.

6. When you have determined the spots to place both hands:

Using the IM ask how long the hands should be held. e.g. 10 to 20 seconds, 20 to 30 seconds, etc.

Find an emotion that is related to this problem using whatever list or method you are comfortable with.

Correction: Hold the 'positive' hand approximately 4 inches from the body directly over its indicated spot, and the 'negative' hand about 20 inches from the body directly over its spot for the required time while the subject concentrates on the emotion.

Use your creative visualization technique to "see" the energy moving from the positive to the negative hand. (***) yelling Haaaaaaaaaaaa-

haaaaaaaaa as did Dr. Sha during this procedure is optional, not compulsory.)

The subject may feel a sensation of something like a rope being pulled from the positive to the negative spots.

Chi Kung purists will definitely not be impressed by this technique, but for those of us who wish to "cut to the chase" of the matter this can be a very powerful tool and another way to incorporate something new into our 'bag of tricks'.

In closing I recommend that you learn the basics of Chi-Kung so that you can keep your own energy at a comfortable level. There are a number of basic exercises that are designed to do just that.

Now go out and play.

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