

# THE "RESULTS" KINESIOLOGY SYSTEM

By Rose Mary Boito

**Abstract:** The *Results System* is described along with some of its applications.

Buried deep within all of us is a spark, an eternal spark, which glows no matter how much our life circumstances have been instrumental in forcing that spark into a dying ember. It only takes a small breeze to ignite that spark into a flame; a flame that burns brightly; a flame that warms us and the world we encompass. That breeze is called LOVE.

## **Love Sets the *Results System* Apart**

The complexity of our spirit/body/intellect expresses itself in energy. The world around us moves and changes because it also is energy. Humans, in an effort to experience life, and adjust to the ever changing universe, encounter *stress*. And stress reveals itself in various ways. In the body it is called disease. In the spirit, it is called energy blocks. In the mind, it is called emotions. Nevertheless, *stress* interferes with optimal flow in the system as a whole. If one part is affected, the whole is affected.

*Results* is a Kinesiology system specifically designed to release stress. More common words used to deal with stress are re-mission or re-gression. These temporary solutions only serve to band-aid a deeper festering problem. Yet, the body is equipped to deal with all energy blocks by filtering them so that the stress can be handled efficiently. But, when the body is in an overloaded state, stress rears its ugly head. In *Results* there are no temporary solutions. Stress is re-leased, giving immediate and permanent re-sults. Healing takes place because balance is re-stored and energy blocks are re-leased.

One of the most efficient ways that *Results* deals with stress is through nutrition. We have come full circle to a time when most opeople are willing to hear the news about their eating habits. The body is always in a state of stress when it encounters too much processed food. It takes energy to digest properly combined foods. But not nearly as much energy as to digest combinations of improperly combined foods or processed foods containing chemicals not friendly to the body's systems. The stress that our body experiences for optimal digestion of less than perfect food robs the whole system of energy and puts us into a state of stress. A simple tool like being guided in the *Results System* toward drinking more water is a sure way to direct a client to a less stressful life.

## **Nutrition**

A beautiful girl came to me stating that she was having severe panic attacks, and the doctors wanted to put her on Prozak. We went into the *System* and immediately went to Nutrition, Water, and then to Food. "What do you eat?, I asked. "I like fast food," she replied. "How often?" I asked. "At lunch," she said. "That wouldn't do it," I said, "What do you drink?" "Iced tea, 11 a day." I winced. But, that is not the cause of the panic attacks. "What do you put in this tea?" "Five sugar packets and 5 Equal packets ... each." I asked, using SK, if this was the cause of the panic attacks and the answer was "Yes." I instructed here in the importance of water as a hydrator, and asked her to substitute at least one glass of water for one glass of tea each day. She agreed. Two weeks later she had given up Equal altogether, and was drinking

only water because she noticed how much better she felt. She is completely free of panic attacks and never required the Prozak.

The emotional stress placed on the body is probably one of the most difficult to deal with. It is our perception of that the past triggers action and reaction in the now. We cope, struggle, manage, but never really get to the core issues that keep us in the unbalanced state of stress. Hidden and buried, these stresses become increasingly bothersome requiring more and more energy to stay buried. *Results* facilitates the client in bringing to light what is hidden and releases it immediately.

How does this happen? One of the best explanations is found in Anthony Robbins work, who says that the only way to discontinue a habit is to create a void in the psyche, and replace it with a positive habit. Using the *Results System*, we first determine (using SK) whether the source of the problem lies in the physical, nutritional, emotional, electrical or spiritual realm. Usually the pattern of an unhealthy belief system (unique to that individual) emerges throughout the *Systems'* vast probings. Once the pattern is evident, we reverse the wording in the belief system into more positive tones. This is called Emotional Stress Release. The next step is to anchor the new belief system with one of the selected methods in the *Results System*, usually a meditation or a verbal response from the client. This triggers a response from the brain's endorphins to change perceptions. This is called Emotional Replacement. There is immediate and permanent healing. The stress of holding on to outdated belief systems is re-leased.

### **Finances**

A financially floundering (in her perception) client came to me to find her way clear to some prosperity. After some delving with the *Results System* as guide, we determined that

she believed the people in PA do not value what she says. We reversed the belief system to say, "My words are valuable." She was actually blocking her way to prosperity by believing that she couldn't earn money with her trade in her newly chosen home. Needless to say, she is prospering and no longer uses energy to feed a hidden, unhealthy belief system.

### **Experiment**

Become aware of a pattern of negativity in your life. Try putting it into a belief system: i.e., "I am unworthy" or "I always lose." Turn that unhealthy belief system into one with a positive tone: i.e., "I am worthy of ..." or "I am a winner" or "I am lucky."

Use SK to test. If the test yields a weak response on the positive belief system, you do not really believe the statement and it is not part of your belief system. You actually believe the negative statement. Place your fingers on NV points for the Sacrospinalis at the frontal eminences, between your eyebrows and the hairline. Hold these points until the pulse balances. State the positive belief system again and retest. This should yield a strong response.

*Results* works with the brain to re-establish its proper balance. For most of us, the right hemisphere of the brain is the seat of emotion, creativity and intuition. It controls motor functions on the opposite side of the body. The brain's left hemisphere controls motor function on the right side of the body and is responsible for language, logic and linear thinking. Processing information and learning from two integrated hemispheres makes for a balanced, stress-free ability to cope, process and learn. *Results* actually rewrites the past and allows us to gain a new perception on past trauma and pain.

### **Repatterning**

A young father of six brought his sixteen year old son to me stating that the boy could not read. All attempts by the school system to alleviate the problem proved ineffective. I set out to use one part of the *Results System* called Repatterning that balances the right and left hemispheres of the brain, integrating them, and allowing the body to process information in a stress-free manner. In repatterning, it is customary for the client to read some material to the facilitator, both before and after the Repatterning process. The boy read with much difficulty beforehand, even though I had selected a particularly simple passage. After the Repatterning, I handed the boy a different piece of reading material. He began to read smoothly, never faltering. I turned to his father, my mouth agape, just as tears were rising in his eyes. The boy let the book drop, tears streaming from his eyes. He looked over at his father, proclaiming "I can read!"

The *Results System* releases stress through nutrition information, Repatterning the right and left hemispheres of the brain, and changing unhealthy belief systems. Releasing stress is a giant step towards self empowerment. Self empowerment is the path towards love; giving love, receiving love, and loving ones self. And love is the key to keeping our own flame burning brightly.

The *Results System* is the loving gift of Margaret Fields Keen, learned in a Near Death Experience. Her story is told in PMH Atwaters book, *Beyond the Light*.

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