

The Neuro-Emotional Energisers

by Bruce A. J. Dewe, MD, MICA, NZRK, NZCNMP

Business and industry today suffer a huge loss of effective work hours through the inability of both management and staff to recognise, acknowledge and adequately express negative emotional states. People need simple, safe, easily learned techniques that they can utilise on a daily basis to relieve stress. Practitioners of all kinds (and especially kinesiologists) must become aware of, utilise and teach their clients how to participate in their own stress release programme. Kinesiologists are primarily educators. Kinesiologists do not work with medical diagnoses, nor do we treat in the traditional sense. Our function is to release blocked energy flow in the body.

The Chinese called this energy 'Chi'. We in the West know it as our life force or life energy. Our clients may not talk about their life energy but they recognise the shifts in their energy levels when given positive evaluation and thanks after a job well done. Stress reduces life energy. Clients may complain that they feel drained, wrung-out, worn to a frazzle or use some other colourful expression. What they, and many of my fellow medical colleagues do not recognise, is that they are describing blocked life energy. Our job is to educate. We are primarily teachers. In our book 'Stress Release made Easy' my wife and I describe simple techniques any person can use to help recognise stress and the emotion associated with that stress. We also provide several ways to release stress simply and safely. Today I want share new, powerful stress release points you can use to help destress your clients or better still, help them to feel good about their present and confident about their future.

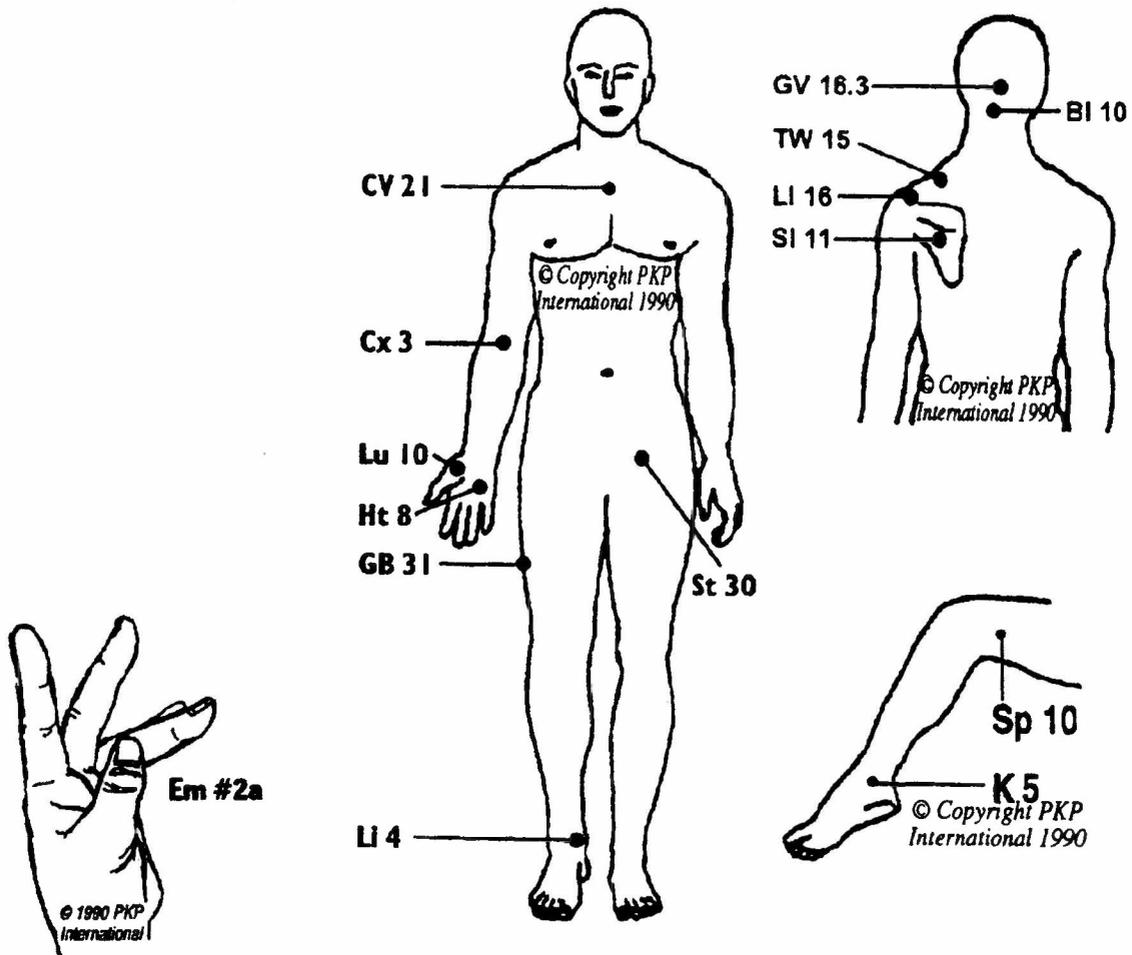
These new points, called Neuro-Emotional reflexes (NE points), are among the many 'turn-on' points that we use in the Professional Kinesiology Programme taught

by PKP International. Firm stimulation of these emotional circuit breakers may safely release pent-up emotions, create a calmer disposition, increase stress tolerance and even settle chronic digestive upsets.

Historically, the first research findings were made by Dr Michael Lebowitz DC, USA, who was looking for more emotional stress release (ESR) points similar to those found on the forehead. Michael reasoned that if there were ESR points on one of the six yang meridians they could be present on them all. (Only yang meridians begin or end on the head.) What he found were six points that did relieve stress. However, all his points were on the body not the head. As well, these new emotional circuit breakers did not respond to the same light touch as the ESR points. These new points required firm stimulation.

Dr Bruce Dewe MD, New Zealand, Founder of PKP, proposed that these new points could well be present on all meridians because their nature was so radically different from the traditional ESR points. He began searching for the points on the yin meridians as well as the central and governing vessels. What he found was that while the yang points were all on the body, the emotional circuit breakers for the yin meridians were A on the limbs. The circuit breaker for the central vessel (CV) is at the base of the throat and that for the governing vessel (GV) is at the back of the skull.

Dr. John F Thie DC, USA, Founder of the Touch for Health Synthesis (TFHS) and father of Kinesiology as most of us know it, traditionally encouraged the use of the Neuro-Lymphatic reflexes (NLs) as the first option for balancing muscles that do not lock when tested. Dr Thie taught that sluggish lymph flow associated with the sedentary lifestyle and toxic environment of many cities was a major source of muscle imbalance.



The PKP Finger Mode for the Neuro-Emotional Reflexes

Location of Neuro-Emotional Reflexes

In a similar way, Dr Dewe recognised that most people today are stressed, under pressure, feeling not heard and failing to receive the recognition they feel they deserve. This, combined with an inability to express or appropriately release underlying emotions or tensions is the cause of much home and workplace stress. Since the publication of the book 'Is it Worth Dying For?', by cardiologist, Dr. Robert S. Eliot MD (Bantam, 1984) more and more medical doctors have begun to admit that stress plays a very large part in the illnesses for which their patients seek help.

For this reason, Dr Dewe believes that the Neuro-Emotional (NE) points should be the first points, coupled with an awareness of the specific emotion involved, that kinesiologists consider when faced with an unlocked

muscle. Firm stimulation can often produce a sudden emotional outpouring with great consequent relief. However, the success of the method should not be judged by the presence or absence of tears nor the amount of noise the client makes. Reserved people will still release their stress in a less dramatic manner.

NE points are generally tender (or a little sore) to touch. If a NE point is extremely painful it may indicate the need for more calcium in the person's diet. This is because under prolonged stress the body makes greater demands on its calcium reserves for both nerve transmission and constant muscle activity shown as chronically tight, tense muscles.

Your client may have already told you that they are 'biting people's heads off', jumping at loud noises, becoming tearful easily or have 'jumpy' or restless legs in bed. These are all indicators that your client may need to increase the calcium content of their diet or for at least a period of time take a calcium/magnesium supplement.

Evaluation:

1. You have found an unlocked muscle.
2. Find the related emotion.

Balance:

1. Locate the NE point for the meridian related to the muscle.
2. Do firm stimulation of the NE points, both sides, for about 40 seconds.
3. As you do this stimulation encourage your client to discuss the relevance of the related emotion in their life at this time.

Challenge:

1. Recheck the muscle. It now locks.
2. The emotion no longer unlocks an IM.

The NE points have proven so valuable in the hands of PKP practitioners the world over that this technique is now incorporated in the new Basic Kinesiology Programme that offers in many countries

We trust that your clients find the NE points as helpful as ours do.

NE Point Wall Charts A4

To assist you learn these valuable points PKP has produced a Neuro-Emotional Wheel to complement our Five Element Emotion charts. The points are illustrated and their positions described.

Coloured charts with the exact points clearly marked are available from ICPKP. We take VISA and MIC. Order by Fax: +64-9-570-8979 or e-mail: office @icpkp.com.

Feel free to visit our website at
www.icpkp.com