

What's New at Kinergetics

by Philip Rafferty

HYDRATION

Most people believe that if they drink 4 pints of water a day they will maintain perfect hydration. In my research I have found that it is far more important to have the kidneys and adrenals stress free. I have tested the 42 muscles taught in Touch for Health on hundreds of clients. Ninety percent of all unlocked muscles can consistently be corrected with Kinergetics hydration corrections.

90% of muscles can be balanced by releasing stress from the kidneys, adrenals and hypothalamus.

There are many areas of the body that affect water assimilation of the whole body. The main areas are kidneys, adrenals and hypothalamus. The most common culprit is the glomeruli of the cortex of the kidneys, which actually filter the water. The main imbalance held in the glomeruli is emotional stress. This is an area that often holds really deep stresses. Finding and clearing the emotion can often have a major impact on every other organ and gland.

Formatting allows us to check different areas of the body to see if there is dehydration. The format for the glomeruli would be written:

KIDNEYS - CORTEX - GLOMERULI - HYDRATION.

Kinergetics research showed that previously tense jaw muscles had been relaxed by this method. I surmised that if I relaxed the jaw muscles then hydration may be improved. This soon proved to be a correct assumption.

Balancing the jaw muscles improves hydration and balancing hydration improves T.M.J.

Balancing hydration and T.M.J usually balances most of the muscle circuits - even hard to balance overfacilitated muscles and may even assist absorption of water soluble vitamins.

A student in a Melbourne workshop went bright red after taking her B vitamins, which she had taken for

over a year with no effect. She was experiencing a niacin flush for the first time - because she had just had her hydration balanced in the workshop and now she could assimilate the B3.

Dry mouth is the last outward signal of extreme dehydration.

Chronic pains of the body are indicators of chronic dehydration.

These statements are from the book, "Your Body's Many Cries for Water," by Dr Batmanghelidj.

How do we test for dehydration in Kinesiology? In the early days there was just tugging the hair. My research has shown this to be accurate only if the client is between one third of a pint and one pint dehydrated. So when a client is over a pint dehydrated, the messages scramble and the computer can't tell us its dehydrated **because it's dehydrated!**

Some Kinesiology systems have developed new strategies which are far superior to tugging the hair.

In Kinergetics we tap along the corpus callosum and verbally challenge "Water". If the I.M. changes, dehydration is present.

The body is 75% water. Brain tissue is 85% water. The average 70 kg person is 42 litres water-23 litres in the cells and 19 litres extracellular. 3 litres is in blood plasma, 9 litres in lymph and intestinal fluid between cells in the tissues. 6 litres is enmeshed in connective tissues like bone cartilage tendons skin etc. 1 litre is in joint spaces and other body cavities e.g. brain and spinal cord. Water circulates everywhere regularly. Isotopically labeled water has been proven to be evenly distributed in 2-3 hours.

Decrease in water levels by only 4% can result in a loss of function by 22%

Water is used for digestion, absorption, circulation, excretion, transporting nutrients, building tissue, maintaining body temperature, almost all living cells. It is a constituent of lubricants cushioning joints and internal organs, keeping body tissues such as eyes lungs and air passages moist and protecting the foetus during pregnancy. It is needed in every step of the process of converting food into energy and tissue. Digestive secretions are mostly water acting as a solvent for nutrients. Water is also required for the production of hydroelectric energy. It is needed in the physical body for the integrity of the acupuncture meridians, chakras and light bodies that make up our total energy fields.

Some factors that may contribute to dehydration:

Not drinking enough water (many other drinks actually dehydrate the body).

Emotional or physical stress.

Tense jaw muscles (from any cause) affect the hydration of the kidneys and adrenals.

Structural imbalances.

Dehydrating foods e.g. instant coffee.

Smoking (dries out the lungs).

Car accidents often cause jammed neck muscles which affect the kidneys.

References:

"R.E.S.E.T." and "Kinergetics" by Philip Rafferty.

"The Water you Drink" by John Archer, published by Pure Water Press.

"Your Body's Many Cries for Water" by F. Batmanghelidj M.D., published by Global Health Solutions Inc.

KINERGETICS LIGHT BODY CORRECTION

This correction balances the energy fields and may assist practitioners who use spiritual healing, meditation or intuition.

1. Perform **Pretests**. Palm of hand on navel.
2. Say "**All Levels and Dimensions Dehydration - Light Bodies.**"
Take the circuit (Pause Lock) - I.M. change NOT required.
Verbally Challenge each Light Body. STACK the first I.M. change.
**KETHERIC TEMPLATE - CELESTIAL BODY - ETHERIC TEMPLATE -
ASTRAL BODY - MENTAL BODY - EMOTIONAL BODY - ETHERIC BODY
CORRECT WITH FAST FIX.** Repeat with an unlocked I.M. in circuit.
1. Perform **Pretests**. Palm of hand on navel.
2. Say "**A.L.D. Dehydration - Chakras.**"
Take the circuit - I.M. change NOT required.
Verbally Challenge each Chakra. STACK the first I.M. change.
**COSMIC GATEWAY - UNIVERSAL GATEWAY - STELLAR GATEWAY -
SOUL STAR - CROWN - FRONTAL - CAUSAL - BROW - THROAT -
THYMUS HEART - SOLAR PLEXUS - NAVEL - CENTRAL - ROOT -
LINK - EARTH STAR
CORRECT WITH FAST FIX.** Repeat with an unlocked I.M. in circuit.
1. Perform **Pretests**. Palm of hand on navel.
2. Say "**A.L.D. Hydration - Light Bodies.**"
Take the circuit - I.M. change NOT required.
Verbally Challenge each Light Body. STACK the first I.M. change.
**KETHERIC TEMPLATE - CELESTIAL BODY - ETHERIC TEMPLATE -
ASTRAL BODY - MENTAL BODY - EMOTIONAL BODY - ETHERIC BODY
CORRECT WITH FAST FIX.** Repeat with an unlocked I.M. in circuit.
1. Perform **Pretests**. Palm of hand on navel.
2. Say "**A.L.D. Hydration - Chakras.**"
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SOUL STAR - CROWN - FRONTAL - CAUSAL - BROW - THROAT -
THYMUS HEART - SOLAR PLEXUS - NAVEL - CENTRAL - ROOT -
LINK - EARTH STAR
CORRECT WITH FAST FIX.** Repeat with an unlocked I.M. in circuit.

1. Perform **Pretests**. Palm of hand on navel.
2. Say "**A.L.D. Water - Light Bodies.**"
Take the circuit - I.M. change NOT required.
Verbally Challenge each Light Body. STACK the first I.M. change
**KETHERIC TEMPLATE - CELESTIAL BODY - ETHERIC TEMPLATE -
ASTRAL BODY - MENTAL BODY - EMOTIONAL BODY - ETHERIC BODY
CORRECT WITH FAST FIX.** Repeat with an unlocked I.M. in circuit.
1. Perform **Pretests**. Palm of hand on navel.
2. Say "**A.L.D. Water - Chakras.**"
Take the circuit - I.M. change NOT required.
Verbally Challenge each Chakra. STACK the first I.M. change
**COSMIC GATEWAY - UNIVERSAL GATEWAY - STELLAR GATEWAY -
SOUL STAR - CROWN - FRONTAL - CAUSAL - BROW - THROAT -
THYMUS HEART - SOLAR PLEXIS - NAVEL - CENTRAL - ROOT - LINK -
EARTH STAR
CORRECT WITH FAST FIX.** Repeat with an unlocked I.M. in circuit.
1. Perform **Pretests**. Palm of hand on navel.
2. Say "**A.L.D. Dehydration - Aura.**" **CORRECT** if the I.M. changes.
1. Say "**A.L.D. Hydration - Aura.**" **CORRECT** if the I.M. changes.
1. Say "**A.L.D. Water - Aura.**" **CORRECT** if the I.M. changes.

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BALANCING THE MUSCLES AROUND THE T.M.J

Balancing the T.M.J muscles is an extremely time efficient way of balancing the whole body. There are many excellent Kinesiology workshops that deal with the T.M.J. This is one of the Kinergetics T.M.J. corrections.

1. Perform **Pretests**. Palm of hand on navel, preferably skin contact.
Client **CLOSES EYES** and preferably **WEARS A MASK** with a tissue underneath.
2. Ask client to **Open Jaw**.
Firmly touch all over the **Masseter** and **Temporalis** muscles, under the **cheekbones** and carefully touch around the **Temporo-Mandibular Joint**. **STACK** each I.M. change.
3. With the client's **Jaw Left** - touch on the **Right**, firmly - all over the **Masseter** and **Temporalis** and around the **T.M.J.** carefully.
With the client's **Jaw Right** - touch on the **Left**, firmly - all over the **Masseter** and **Temporalis** and around the **T.M.J.** carefully.
STACK every I.M. change. Repeat Steps 2 and 3 with an **unlocked I.M.** in circuit.
4. **Find and STACK maximum information. Visually Scan the Emotions Chart.**
If the I.M. changes - **CORRECT**.

Repeat the entire procedure with the client's **EYES OPEN**.