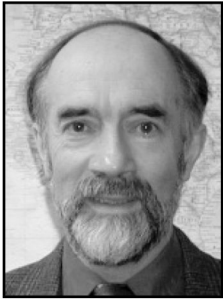


Using Emotions to Balance the Heart

by Wayne W. Topping, Ph.D., LMP



Abstract

Two techniques from Biokinesiology—muscle monitoring with the palm over the flexed wrist and circuit localizing with the nerve endings beneath the fingernails—can be used to increase the accuracy of your muscle testing. In Touch for Health, we have one muscle test (subscapularis) related to the heart meridian. In Biokinesiology we have at least 54 different muscles, tendons, ligaments and discs related to the heart meridian. A

fast method is shown to identify which of these are out of balance.

I. Improving the Accuracy of Your Kinesiological Assessment

In 1981, I took a 290-hour training course in Biokinesiology from John Barton that has greatly influenced much of my subsequent work in kinesiology. First we'll describe two procedures we learned that are simple yet can improve your ability to detect energy imbalances within your client or yourself.

A. The Flexed Wrist

Experiment

Ask for a volunteer who cannot wear a wristwatch because it creates pain, stops, speeds up or otherwise malfunctions. Have the person extend their arm out to the side horizontally so that you can monitor the middle deltoid muscle. Use spindle cells and/or the central meridian to check to make sure the muscle is in proper balance. Monitor the muscles in the following ways:

- using fingers over the lower forearm
- using fingers over the wrist joint
- using palm over the wrist joint
- using palm over the flexed wrist joint

If all remain locked, repeat all four tests while holding a wire coat hanger around (without touching) the arm. Test d) is most likely to unlock showing the negative influence of the coat hanger. Test c) is the next most likely to unlock the muscle. Test a) is least likely to unlock.

Explanation

The metal coat hanger is a stressor that is introduced into the person's energy fields, or aura, to show that certain ways of monitoring an indicator muscle are more sensitive than others. Asking for a volunteer who cannot wear a wristwatch pretty much guarantees that you have someone whose system will be sensitive to metal around the arm. This stressor often cannot be detected with test a), sometimes with test b), often with test c) and most easily with test d). The stressor

thus proves that testing with a palm over the flexed wrist gives you the most sensitive test.

In Touch for Health, we teach the student to place the testing hand over the lower forearm. Why? Because for some people the muscle unlocks when we push over the wrist. In TFH there aren't fast ways to correct this imbalance. However, in Biokinesiology, we can circuit localize into such a wrist joint to detect the imbalance, then determine the nutrients and emotions required to restore it to balance.

B. Using the Nerve Endings Beneath the Fingernails to Detect Energy Imbalances Experiment

Find a volunteer that has an area of skin out of balance, e.g. a rash. Muscle monitor while pointing your fingertips directly down into the skin. Then muscle monitor while pointing the palmar surface of the finger pads across the skin. Finally, muscle monitor while the fingernails on the dorsal side of the hand are in contact with the imbalanced skin. Usually only the latter method of circuit localizing causes the indicator muscle to unlock.

Explanation

Unless the skin imbalance has sufficient "depth" to it, pointing fingertips at right angles to the skin has minimum contact with the imbalance. By contrast, a wart does have enough "depth" to it. The third test does detect the imbalance. Here the nerve endings underneath the fingernails are going right across the skin surface for maximum contact and most opportunity to detect any frequency given off by the imbalanced skin surface.

This means of circuit localizing allows more types of energy imbalances to be detected in the body than using pads of fingers, e.g. underneath the fingernails to CL the peripheral nervous system on someone who has multiple sclerosis.

II. Balancing the Heart Meridian

In Touch for Health, we have just one muscle related to the heart meridian—subscapularis. In the PKP (Professional Kinesiology Practitioner) program there are the subclavius and extensor pollicis longus muscles associated with the heart meridian.

By contrast, in the Biokinesiology Institute book *Quick Ready Reference*, John Barton has data on 54 muscles, tendons, ligaments, discs, etc., associated with the heart meridian.¹

Two of these muscle tests were described in the *International Journal of Touch for Health* 1987⁶—Serratus Anterior #8 and Latissimus Dorsi—together with neurolymphatic and neurovascular reflexes that I researched for them.

How do we determine which one or more of these 54 tissues is required to be balanced to balance out heart energy?

Disgusted
Forgotten

Empathetic
Remembered

In *Take Care of Yourself Naturally*, John Barton has described two specific response locations for the heart:²

22. HEART—in the center of the breastbone 3/5 the distance down from the top to the bottom of the breastbone. Approximately in line with the nipples on a man.
23. HEART—second location, immediately to the sides of the breastbone in between the 3rd to the 5th ribs. An area about 1" wide and 2 1/2" long.

In his *Quick Ready Reference* a method is described whereby the reflexes above are circuit located (CL). If the indicator muscle (IM) unlocks, then the practitioner would CL all 54 tissues on each side of the body to determine which are out of balance, determine which has priority, then balance that tissue with emotions, nutrients, and biokinetic exercises. However, there is a faster way which I describe in Topping 1985.⁴

To see how this works, let us consider the full emotional program for two of these 54 tissues. (Note: underlined words indicate most important emotions for the specific system and the heart meridian respectively.)

Serratus Anterior #8

Lymph System	Confused	<u>Confident</u>
Throat Plexus	Unrespected	Respected
Heart	Bitter	<u>Forgiveness</u>
Thymus	Neglected	Cared for
Liver	Helpless	Powerful
Adrenal Cortex	Irritated	Tranquil
Small Intestine	Ungiving	Cooperative

Latissimus Dorsi

Blood System	Unkind	<u>Kind</u>
Blood System	Discouraged	Encouraged
Bone Marrow	Insufficient	Sufficient
Heart	Bitter	<u>Forgiveness</u>
Kidney	Intolerant	Understanding
Pyloric Valve	Resentful	Appreciative
Pineal	Empty	Fulfilled

Each of the 54 tissues has a series of negative emotions that can cause the imbalance and a corresponding series of positive emotions that can restore the tissue to balance. Included within that list of emotions is a **system emotion**:

Blood	Unkind	Kind
Lymph	Confused	Confident
Nervous	Nervous	Restful

and a **heart emotion**

Insecure	Secure
Bitter	Forgiveness
Brokenhearted	Loved
Unloved	Loved
Defeated	Success, Successful
Sour	Agreeable

Each of the positive heart emotions has between 7 and 15 tissues associated with it. We have 21 tissues associated with the blood system, 18 with the lymph system and 16 with the nervous system. Thus, by seeing which of the positive system emotions temporarily balances the heart reflex, we can eliminate about two-thirds of the possible tissues from consideration. The combination of system and heart emotions that temporarily balances the organ reflex will eliminate approximately 90 percent of the tissues. We can then CL each of those muscles, tendons, etc., to see which one or more are out of balance. Or, we can see which unique sequence of positive emotions changes the indicator muscle then verify it by CLing that tissue.

Balancing that tissue with nutrients, biokinetic exercises, and the emotions (Topping, 1985, 1990) should balance the heart organ reflex.^{4,5,7}

III. Referred Pain and the Heart

There are three areas of referred pain associated with the heart, as illustrated in Figure 15-2 of Tortora and Anagnostakos 1978.⁹

- 1) **Upper thoracic spine:** Chiropractic would recognize this as the location where nerves leave the spine to travel to the heart.
- 2) **Under surface left arm:** We recognize this as the heart meridian. Energy may backup along this meridian up to three days before a heart attack. Biting or putting pressure on the end of the small finger, end of the heart meridian, has successfully pulled people out of a heart attack (Carl Ferreri, personal communication).
- 3) **Chest area:** This is the pectoralis major muscle where people experience pain when they have angina. In Biokinesiology, the pectoralis muscle is correlated with the heart meridian. When someone is experiencing angina, have them place their arms forward as for pectoralis major clavicular or sternal. Attempt to push the arms out laterally. They will unlock. Touch the heart reflexes and say "you feel secure" and the muscles usually lock, verifying the correlation with the heart meridian.

Ironically, medical science has discovered the underlying basis of applied kinesiology without recognizing it. Placing nitroglycerine or digitalis under the tongue meant rapid absorption into the system and a decrease in angina pain. Then doctors began putting the medications as a patch right over the pectoralis muscle. Balancing out the muscle improves heart function at the same time. They have a correlation between muscle, organ function and the meridian (referred pain) that feeds them both. This muscle-organ-meridian correlation is one of the major platforms of applied kinesiology as developed by Dr. George Goodheart.

References

¹ Biokinesiology Institute. *Quick Ready Reference*. Shady Cove, Oregon. Biokinesiology Institute, 1981.

² Biokinesiology Institute. *Take Care of Yourself Naturally*. USA, 1984.

³Dewe, Bruce A.J., and Joan R. Dewe. *Professional Health Provider I: Advanced Specialized Kinesiology Methods*. Professional Health Practice Workshops, 1990.

Notes:

⁴Topping, Wayne W. *Biokinesiology Workbook*. Bellingham, Washington. Topping International Institute, 1985.

⁵Topping, Wayne W. *Stress Release*. Bellingham, Washington Topping International Institute, 1985.

⁶Topping, Wayne W. "Two Further Muscle Tests for the Heart Meridian". *International Journal of Touch for Health*, 125-8, 1987.

⁷Topping, Wayne W. *Success Over Distress*. Bellingham, Washington. Topping International Institute, 1990.

⁸Topping, Wayne W. *Working with Emotions*. Bellingham, Washington. Topping International Institute, 2002.

⁹Tortora, Gerard J. and Nicholas P. Anagnostakos. *Principles of Anatomy & Physiology*. 2nd Ed. New York, NY: Harper & Row, 1978.

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