



## Putting Context Into Practice

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### Abstract:

Context is important to consider in any form of communication. In Energy Kinesiology, context is used in several ways. Two of the most important are: creating context as a means of asking complex questions using the “language” of kinesiology, and using context to deepen the effects of the balancing procedure. In this paper, these two will be examined, with examples of how to use each of them.

### Introduction – The Importance of Context:

“Hi! How are you?”

“Yeah, on Friday the whole thing cleared up.”

“Yup, I know just what you mean. I was just saying that to someone the other day.”

“Y’ know, she really ticked me off when that happened.”

“Who knows? Maybe next week.”

“Great talkin’ to you, See ya later!”

What was that all about? It’s a bit difficult to know, and likely that the two people involved didn’t even know themselves. Why not? Because there was no **context**. Context creates the necessary parameters for understanding communication. And through context, the opportunity exists to deepen the understanding, as long as at least one of the

parties involved desires it. The choice exists to do so, or not. This choice is offered in many of the conversations we engage in on a daily basis.

“Hi! How are you?”

“I’m pretty good thanks. How ‘bout you?”

“Oh, I’m hangin’ in there.”

“Well, it was nice seeing you again.”

“You too. Bye.”

Certainly a more normal conversation than the previous one, and with it came choices for both parties as to whether or not to pursue deeper meaning. Yet, for whatever reasons – time, lack of interest or caring, the nature of the relationship – neither person chose to delve further into how the other was really doing. Those choice parameters (time, interest, etc.) create a certain type of context. And the responses themselves, had either individual chosen to go further, would have been determined by the context of what

was said. For example, after the one person said, "Oh, I'm hangin' in there," the other person may have inquired further..."Well, that doesn't sound so great. What's going on with you?" This sort of inquiry may have then resulted in further information, and a deeper, more meaningful discussion.

Context can also be determined by other forms of observation, the immediate environment, a particular look, and other sensory input. Perhaps you're walking down the street and you bump into a friend, and immediately are affected by their look.

"Wow, you look exhausted! Is everything OK?"

Now, you might not say that to just anyone, so the context of your relationship with that person has had an effect on your comfort in even sharing that observation. As you can see, context is very variable, and is treated differently by each of us. Someone with lack of boundaries or awareness might aggressively say the above to just about anyone, not realizing or caring that the other person might be offended. Another, maybe someone who knows the person well, might choose not to share the observation, and the tired person may still be offended that their condition wasn't noticed by someone they thought was a good friend. Context and behavior – complicated partners to say the least! And it all boils down to communication.

### **The Energy Kinesiology Factor**

It is no surprise that context can play a big role in Energy Kinesiology. After all, the use of muscle monitoring is a communication tool. An En.K. practitioner does not actually heal, balance, fix or otherwise affect another person with Energy Kinesiology. The practitioner merely communicates with muscle monitoring. The

balancing comes from the universe of the healing arts, most of which exist outside of Energy Kinesiology and can stand on their own. And, as a communication tool, context plays a very important role in how that communication happens. In fact, context can be used by the resourceful practitioner to go deeper into the balance at hand, thereby increasing the effectiveness of the work they are offering to their client.

Being potentially complicated, I will offer just a couple of ways that context is used in Energy Kinesiology. My hope is that you will find something useful and practical in these examples.

### **Context and Linguistics – The Use of Formatting**

While I am a multi-disciplined Energy Kinesiologist of 20 years, the model that I most often use – as well as teach – is that of Applied Physiology (AP). AP's originator, Richard Utt, is a master of context. As a result, one of his most powerful contributions to the art of EnK is that of formatting. While many forms of EnK utilize hand modes, body indicator points, and the pause lock system as the "language" of EnK, Applied Physiology puts them all together in a unique way to ask in-depth questions that would otherwise be much more difficult.

In its most basic form, body points (such as the alarm points) and hand modes are used to ask the body where it needs some attention, and what it wants to bring things into balance. By touching a point or holding a mode and pushing on an indicator muscle, we are essentially asking a simple question: "Is there an imbalance with...?" or "Do you want ... to balance?" If an indicator change

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happens, we pursue further. If not, we go on to another question. The potential problem here is that, often, the question we are asking is very general, and therefore gets a very general answer. Sometimes we need to be more specific in order to elicit a meaningful response.

When touching an alarm point to see if there will be a response from the body, we are asking a very general question. The alarm point represents the meridian of energy that it relates to, with each of the points with their respective meanings, and collaterals that go off and connect to other areas of the body. This includes the meridian's associated organ, with all the anatomy and physiology involved therein. As well, there is the muscle associated with that relationship, with all of its functions and relationships to surrounding structures. For an alarm point to create an indicator change, the body scans all of these areas, and if there is enough stress in the system, it will give an indicator muscle change. But even if it doesn't give a change, that doesn't mean that all is well with everything that alarm point represents! It is akin to our earlier conversation, where upon being asked, "How's it going?" we say, "Fine thanks," and go on from there. With a little extra push and inquiry, more information may have come to light that things aren't as "fine" as we made them out be!

What is needed is more *context* in order to ask a more specific question. For instance, I might hold a particular hand mode – let's say, one for "organ" – that now asks a more specific question. If I hold organ mode and touch the alarm point, I'm refining my question, blocking out a lot of other meridian-related information, and asking more specifically, "How's the organ related to this alarm point?" Given the complexity of organ anatomy and physiology, that is still a pretty general question, but a lot less

so than simply touching the alarm point by itself. It may, or may not, be enough to give an indicator change.

Perhaps I hold another hand mode to refine my question even further – let's say, one for physiology. Now I'm asking a still more specific question. How is the function of the organ related to this alarm point? Again, given the complexity of organ function, this is still a general question, but we are narrowing down the possibilities for getting an answer that might have otherwise gone unnoticed.

This is where the research of Richard Utt goes even a step further. Recognizing that, even at this point, an indicator change might not happen, Applied Physiology has means of asking questions using the electromagnetic language of the body – the language of Energy Kinesiology – to further identify the specific anatomy or physiology of the organ. The challenge is that there are only so many modes and points that one can hold at a single time to ask such complicated questions. Utilizing the pause lock mechanism – identified originally by Allan Beardall, originator of Clinical Kinesiology – we can go further in asking questions when needed. This combination of holding hand modes while touching points, putting them into pause lock, and then holding more modes and/or touching more points is what is referred to in AP as formatting.

One major feature of formatting is that it offers the practitioner a means of asking complex questions using the electromagnetic language of Energy Kinesiology. However, because of the specific nature of some of these questions, and the steps required to ask them, it is often necessary for the practitioner to know exactly what they want to ask. The advantage of this is that it allows the practitioner with knowledge of the body's anatomy,

physiology and energy systems to use that knowledge (and their intuition) to dig deeper to find imbalances that might not otherwise easily present themselves.

### **An Example of Formatting – The Amygdala Emotions**

I'll offer an example from AP's groundbreaking workshop, Applied Physiology and the Brain (sometimes referred to as Brain Physiology). See the appendix at the end of the paper for a more concise procedure.

Suppose the practitioner is working with a client on a complex emotional issue. Many systems offer wonderful methods of identifying the emotions involved, when they began, and a number of methods for working with those emotions. Sometimes this may still not be enough if there have been layers of re-triggering on top of the initial experiences, and the behavioral pattern continues. A portion of the brain might still be filtering current experience and triggering a response based on those past experiences, resulting in a continuing present time survival response. It may be necessary to get into that specific brain area in order deal with the neurological trigger as a means of fully disengaging from the survival behavior. But to get to that level of the brain, establishing the question with proper context is important for the body to fully understand what is being asked. And the practitioner needs to know to ask the question!

Utt found that, by combining organ, gland, anatomy and physiology hand modes while using the Central Vessel acupressure points and using pause lock, it was possible to ask questions about different areas and nuclei of the brain. For instance, holding organ and

gland modes while touching the Central Vessel alarm point and CV23, activates a particular system in the brain known as the limbic system. This resulted from the context of organ mode and the alarm point, indicating that we are asking specifically about the brain aspect of the muscle/organ/meridian triad; and gland mode with CV23 (under the chin, just in front of the "Adam's Apple"), narrowing the brain down to the limbic area, who's many structures secrete hormones and therefore act as glands.

However, because this is still a very complex system, simply holding this combination rarely results in an indicator muscle change. What Utt also found is that, by putting this "limbic mode" into pause lock, the entire central meridian re-maps so that the points indicate specific anatomical areas of the limbic brain.

With the context created by the above format, Utt's research showed that Central Vessel 14 (the same point as the heart alarm point), combined with anatomy mode to provide further context that we are asking about brain structure and not function, now represents the area of the brain known as the amygdala, an important emotional generator for purposes of perceived survival. So we hold anatomy mode with CV14 and add that to the pause lock to continue to ask our question.

But the amygdala itself has many more functions than just this, and is a complicated area of the brain in and of itself. Therefore, even with narrowing our question down to this level, we may still not get a change in the muscle. So we must think, what is the question we really want to be asking? If it has to do with the emotional aspects of survival related to the client's original issue, generated by this part of the brain, then we

need to further refine our question. Since we are now down to the functional level, we use a mode for physiology (as opposed to anatomy) and add this to the pause lock. More *context*! And guess what happens. The Central Vessel now re-maps yet again, based on the new context, to represent the many functions of the amygdala! Utt's further research shows that, now, CV 12-16 represent several of the survival emotions associated with the amygdala: rage, escape, fear, pain/punishment, and pleasure (or, more likely than not, blocked pleasure). Now, when we touch each of these points, if relevant, our question has become specific enough to elicit a change in our muscle.

Perhaps the client experiences aspects of life where they perceive themselves as being trapped, and this has become a theme for them in their lives, eliciting behavior that reflects that fear. As a result, they are always looking for a way out, often before they even get into a situation, such as a relationship. In this case, perhaps CV13 – escape – will show in the amygdala as the function that gets triggered and is behind the behavior they are wanting to change.

As you can see, this single question has taken several modes, points and multiple pause locks just to get to the point where the body was able to understand the question well enough to reply. While it may seem like an involved process, with no guarantee of a “positive” response at the end, the method provides an accurate means of the client's body/mind to understand the question due to the context provided. If we consider ourselves to be body investigators, this depth of probing is sometimes necessary in order to get to the “meat” of the issue. As well, consider that, when a person lies on your table, they are often in a state of severe imbalance. The body itself has become so disconnected and confused that the current state of things has been accepted as the

status quo. How things are “supposed to be” has long been forgotten. By offering the context of the question, and connecting all the dots, now the body has the opportunity to compare how things are now to its own internal reference of the original template of things are supposed to be and go, “hmmm...perhaps things aren't supposed to be this way!” The muscle changes.

### Context, Listening and Feedback – A Balancing Model

Let's look at another way of using *context*. An area that I often observe context get overlooked is in the balancing process. One of the great advantages of Energy Kinesiology is that of an integrator. As previously noted, En.K. doesn't actually “heal” anything, but rather is a communication tool. A powerful aspect of this is that it offers the client a means of communicating exactly what is desired to bring the system into balance so that the body can access its own innate healing ability. This comes in the form of the broad universe of the healing arts. But it is not limited to any one in particular. During the course of a single session, the practitioner may draw from several modalities of energy balancing, integrating those specific parts of each one based on what the client's issue is. Many of the healing arts modalities come with their own insights and awareness into the body's processes and machinations on several levels. However, sometimes we forget all of that and simply go through the motions of procedure, mechanically “doing” the modality that the body indicates it wants, and not taking advantage of the underlying information offered. As an Energy Kinesiologist, it is important to “listen” to these messages, interpret them, and judge when to feed back or utilize the information to go deeper or elicit more from the client. Sometimes this might be very subtle, but can

be exactly what is needed to take the balance to a new depth. And the power of it can be utilized in the balancing process itself.

One of the masters of this was Dr. John Thie, originator of **Touch for Health**, and from there, the entire profession of Energy Kinesiology. Using what has evolved into the current Touch for Health Metaphors method, Dr. Thie would talk to the client about the metaphorical meaning of the meridian, element and/or organ related to the reflex point he was activating at any given point during the balancing process, while he was activating it. This would connect many factors of the client's issue while moving the energy. There are many ways of accomplishing the same outcome using a variety of Energy Kinesiology modalities and their related balancing techniques.

As an example, in Applied Physiology, we use a technique called *7 Element Acupressure*. While the method itself is beyond the scope of this paper, the idea is that we use the command points of acupressure to do the balancing. Command points work exceptionally well within the AP system due to the "holographic" model of AP. In this model, we are always looking at relationships, and therefore require 2 meridians to be identified as a means of knowing what to do to balance. For example, rather than finding an imbalance in just the stomach meridian, we find a second meridian that has a direct relationship with the stomach meridian that is relevant to the client's issue – e.g. gall bladder. Because the command points of acupuncture specifically relate a meridian to each of the elements, they are well suited to the system – as well as being a powerful energy balancing tool. These same points are used in other methods of Energy Kinesiology as well, such as the Touch for Health acupressure holding

points. But the relationship that is inherent in these points is often overlooked.

To further expand on this example, the command point that represents the relationship of stomach and gall bladder is Stomach 43. This is the wood element (gall bladder) command point on the stomach meridian. Using the rules of the AP system, the practitioner would hold this point bilaterally with light touch (because gall bladder is yang), and wait until the points pulse and then synchronize. That is the balancing method, and works fine just like that. However, to increase the depth of this technique, the practitioner might choose go deeper. This is where context comes into play.

Using the educational model, the practitioner might begin to talk about associations between the stomach and gall bladder, feeding this information to the client to see if there is more to be learned about why the body has chosen these points to balance. This can be done on the physical, emotional, or metaphysical levels with both literal and metaphorical approaches.

For example, with knowledge of the digestive system, it might be explained that the stomach produces acid (HCl) as a means of digesting the food. If there is not enough acid, the hormonal trigger for the gall bladder to release bile – necessary for proper fat digestion – may not happen properly. The question can then be asked if the person is eating a lot of fatty foods that might be causing trouble, or if there are other aspects of digestion that might be suffering due to low HCl. Context can be considered here, particularly if digestion is part of the issue the client is working on, to decide if this is an appropriate question to ask.

On an emotional level, the practitioner might choose to discuss the relationship of sympathy (the emotion of the earth element, in which the stomach meridian resides) and anger (the gall bladder related wood element emotion). Perhaps the client is a very giving person who often doesn't get much back in return, and in specific situations, might feel frustrated and unloved as a result. If this turns out to be the case, and it is identified as an underlying cause of the issue originally presented, then the balance has just gone to a new level by bringing that out while performing the balancing technique. After all, the balancing technique here is a direct representation of that emotional relationship and imbalance.

The Chinese Medicine metaphor of the wood element sucking all the resources from the earth as a means of controlling it might be explored (the wood element is the controller of earth in Chinese medicine's KO cycle). Perhaps this brings out a story related to the client's job and work environment that sheds further light on the original issue.

Or maybe, if familiar with the Touch for Health metaphors, you look at what kind of story might be told by combining them. Often the relationship between two seemingly different aspects gives more meaning that the client attaches to, and suddenly the flood gates open.

All of these methods, and others, are potential means of getting more neurological activation while doing the balancing process. The more neurological activation that happens, the deeper the balance, and the better the results. Which choice do you use? Let context guide you! But as long as you do so in a questioning manner, you can try them all! It simply takes one trigger for the

client to latch on to and run with, and things change for the better. All you're doing is using the context of the information that the body is offering, combined with the context of the original issue and the client, and the light bulbs begin to turn on. This "connecting of the dots" brings about further conscious awareness on the part of the client, as well as subconscious connections that allow the neurology and energetic systems to compare the current state to the original template. When the difference between the two is recognized, the energy shifts to change the pattern and return to the original self.

Another example of this is for those of you that do chakra balancing. In Applied Physiology, we use a method known as *The 7 Chi Keys* – a means of balancing the 7 major chakras using the acupressure system (as well as tuning forks). This opens the door to lots of context expansion. But regardless of the method of chakra balancing you use, the same concept applies. While doing whatever balancing method you know to do, talk to the client about what that particular chakra means, and ask them how that relates to their issue and their life. By having them think and/or talk about this while applying the balancing method, you assist them in further deepening the balance.

As an example, if the root chakra is what the client has indicated they might benefit from, you might mention to them that the root chakra is about being grounded, and is related to home, safety, security, trust, and how those all relate to family and community. Then ask, "How are any of these related to what we're working on?" and let them embellish. This might bring out more information than had already been established, perhaps even some tears or other emotional expression. Just keep doing the balancing throughout this expression, as

it is now right on the surface and, therefore, more easily affected. The results can be dramatic.

## Conclusion

What we have examined here are two different uses of context in an Energy Kinesiology session. *First*, there is the use of the language of Energy Kinesiology as a means of asking complex questions. By formatting the question with modes, points and pause lock, the context of the question is developed in the body's own language, is understood, and then responded to in kind. For the practitioner, the advantage of this use of languaging through formatting is to ask questions based on his/her knowledge and intuition, not always relying strictly on the client to lead the way. In this manner, the practitioner becomes a linguist – a true artist in the communication field of Energy Kinesiology.

*Secondly*, we looked at how to use the skills, knowledge and intuition that have developed through your training and your life experience as a means of deepening your balancing work during the balancing process itself. As I have learned, taught and observed over the past couple of decades, I've noticed that students and practitioners often get caught up in procedure, and forget to relax enough to let their full potential come through – to let the sum of the parts that are greater than the whole shine through. This slave to procedure also distracts from hearing the important underlying context that is available from not just what the client has to say, but also what the body has to say through the wonderful tool of Energy Kinesiology.

Perhaps many of you already do this, perhaps not. Maybe you utilize metaphorical information as something you share after a balance, or in discussion as a means of learning more about an issue before balancing. Now you might consider using it during the balancing procedure of whatever healing modality is called for in the moment – not just as information, but rather as part of the balancing process itself.

By being open to all of the information coming from the client, and all that you've learned about what it all means, you can enrich the session experience by feeding it back, activating neurology and energy, while working to shift the energy at the same time. Your clients will be impressed with how you seem to know so much about them, and, more importantly, they'll experience the benefits by feeling better, faster.

## About The Author:

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**Appendix:**

**Procedure for Formatting the Amygdala Emotions**

**Abstract:**

The amygdala has a broad range of functions in the body, most of which are survival oriented. These include heart rate, sexual functions for procreation, and emotions. The emotions are base survival emotions, hard wired into the neurology. From these, millions of more complex emotions are generated secondarily. This is much like the computer monitor that generates millions of colors from only 3 color generators – red, green and blue.

As an example of base emotions, when a threat is perceived (key word there!), we experience fear. Out of that fear comes the desire to escape. If escape doesn't work, then rage is brought up as a means of fighting the best fight possible to survive. This is exactly what we talk about when referring to the "fight or flight mechanism"!

All sensory information gets to the amygdala before it gets to our conscious mind, although without as much detail as gets provided in the cortex. This allows the amygdala to decide if there is a threat or not. If it decides there is, then the fight or flight response is initiated, much faster than if we had to consciously think about whether what is happening is truly threatening or not. However, this might result in reactions to situations that the amygdala has memory access to that may no longer be appropriate!

If this trigger is not included in balancing, regardless of other emotional work to deal with our issues, the inappropriate behavior may return later after being triggered again and again over time.

By adding this "setup" to your balances, especially when dealing with emotional issues or events that might have an emotional trigger, the results will be deeper

and longer lasting. Because it takes several steps to identify if it's involved, it is a good idea to transfer any circuit you may be holding to the client before proceeding with these steps. In this manner, if there is no indicator change on the emotional points, you may simply close your pause lock without losing any other part of the circuit.

**Modes:**

Gland Mode – hand in fist, middle finger extended, thumb pad to middle finger pad.

Organ Mode – hand in fist, index finger extended, thumb pad to index finger pad.

Anatomy Mode – hand in fist, thumb pad over middle phalanx of index finger.

Physiology Mode – hand in fist, thumb pad over middle phalanx of ring finger.

Procedure: (Insert at any time during the course of a balance, particularly when working on emotional issues. Make sure client is holding all information prior to this in pause lock so that, if there is no indicator change in step 4, you can simply close your own pause lock and continue with the existing circuit intact.)

1. Format for the limbic system: Gland Mode X Organ Mode X CV24 X CV23. P/L (pause lock/circuit retaining mode). Usually this will not create an indicator change (I/C).
  - A. Note: "X" means "apply simultaneously". One mode on each hand, touching a point with each hand, all at the same time. Spread feet apart to engage pause lock.
  - B. CV24 is the Central Vessel alarm point, located between the lower lip and the chin. CV23 is located under the chin, just in front of the Adam's Apple.

2. Central Vessel now re-maps for the limbic system. Format for amygdala: Anatomy Mode X CV14. P/L. Usually will not create an I/C.

A. CV14 is the Heart alarm point, located 1 body inch below the tip of the xiphoid process at the base of the sternum (breast bone).

3. Central Vessel now re-maps for the amygdala. To create the context for the functions of the amygdala, apply Physiology Mode. P/L. Usually will not create an I/C.

4. C/L (circuit locate, with neutral touch) CV 12 – 16 one at a time. For each, monitor indicator muscle (IM) for an indicator change (I/C). When I/C, P/L. Repeat until none show.

A. The meanings of these points is as follows: CV12 – rage; CV13 – escape; CV14 – punishment, CV15 – fear; CV16 – pleasure (or, as it usually shows here in stress, blocked pleasure). P/L all that show.

5. Once all are entered, continue on with circuit. You may, of course, choose to feedback the information to your client and explore the meaning of the point(s) that has shown. When balancing modalities are applied, these points (triggers) will get balanced as well.

## Bibliography

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