

KINESIOLOGY AROUND THE WORLD

AN INTERNATIONAL HEALTH EVENT

Touch For Health Kinesiology Association
The Energy Kinesiology Association
International Association of Specialized Kinesiologists

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This Journal is intended to provide educational and research information on vital energy balancing techniques that have been successfully used to reduce stress and pain. This Journal is not intended to provide medical diagnostic information, and the exercise presented herein are not intended to replace medical treatment where such is indicated.

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AGENDA

THE KINESIOLOGY CONFERENCE

THURSDAY, JULY 16, 2009

4:00 pm-7:30 pm Registration
6:00 pm-7:30 pm Welcome Reception

FRIDAY, JULY 17, 2009

8:00 am-12:00pm Registration
9:00 am-9:30 am General Opening Welcome
9:30 am-10:00 am Presidents' Greetings: KINESIOLOGY AROUND THE WORLD
IASK: ANNEMARIE GOLDSCHMIDT
ENKA: MARGE BOWEN
TFHKA: MATTHEW THIE

10:00 am-11:15 am Opening | Keynote Speaker: ADAM LEHMAN
THE LIVING MATRIX

*Adam will present the theory behind working with what James Oshman call "THE LIVING MATRIX".
considered to be the structure involved with cellular communication and more.*

11:15 am-11:30 am Refreshment Break
11:30 am-12:15 pm Roundtable Discussion: AWARENESS AND PROMOTION OF
KINESIOLOGY
12:15 pm-1:30 pm Lunch on own
1:30 pm-2:45 pm EnKA Annual Meeting
2:45 pm- 4:00 pm Featured Speaker: HUGO TOBAR
STRESS AND ITS EFFECTS ON HEALTH AND DISEASE

*The physical imbalances associated with the psychological disorder are in both the anatomy and
physiology. Every psychological disorder, whether it is a temporary feeling or a chronic condition
has a neurological imbalance.*

4:00 pm-4:15 pm Break
4:15 pm- 5:30 pm Featured Speaker: ROD BRIGGS
MIND/BODY

*Stress, depression and other psychological factors can alter our vulnerability to many diseases.
Relationships between mind and health are mediated both by our behavior and by our biological
connection between the brain and the immune system. These connections work in both directions,
so our physical health can influence our mental state and vice versa.*

7:30 pm - 10:30 pm Friday Evening: Cruise the Potomac

*Enjoy a relaxing evening with colleagues and friends as you cruise along the Potomac while enjoying
Washington's historical sites. This three hour cruise features hors d'oeuvres and cash bar. Separate
registration required on registration form. Limited Space still Available. \$65.00 per guest.*

SATURDAY, JULY 18, 2009

9:00 am-9:15 am

Welcome & Announcements

9:15 am-10:30 am

Opening Keynote speaker: DEBRA GREEN

Touch for Health and Energy Kinesiology Around the World: 2009 Report on the Worldwide Development and Growth.

10:30 am-10:45 am

Refreshment Break

10:45 - 11:40 AM CONCURRENT SESSIONS

■ JULIANNE BIEN, COLOR THERAPY IN THE WORLD OF KINESIOLOGY

Through an innovative approach merging science and spirituality, this presentation will reveal the power of color and geometry upon human mind and structure and its influence in our holographic world. Color energy is the driving force that rewires our electrical circuitry and subliminally orchestrates our lives. Julianne will share the science, theory and highlight practical applications of color light therapies for its revitalization and rejuvenation processes with the Lunalight creating

■ ASK THE IKC FACULTY

Panel discussion with Norma Harnack, Arlene Green, Wayne Topping, Matthew Thie (IKC Director of Research and Public Relations).

11:45 am-12:45 pm CONCURRENT SESSIONS

■ JULIANNE BIEN, COLOR THERAPY FOR REJUVENATION AND BEAUTY

This Color Therapy will inspire you to embrace color harmonics therapies for wellness and beauty personally and in your wellness center. Julianne will share the science and theory and demonstrate color light applications for mind/body treatments through reflex zones on the face, hands and body and reveal its revitalization and rejuvenation processes based on Chinese medicine and physiognomy. In bridging the science of color and its known benefits, you will broaden your awareness of this natural anti-aging modality and learn its importance to enhance inner and outer beauty.

■ DEE MARTIN, BIO-ENERGY OILS FIVE ELEMENT BALANCE

This lecture demonstrates the ability of the vibration of specific different blends of oils to balance the meridians of the body. There are five different blended oils, 1 for each element, Fire, Earth, Metal, Water and Wood. By assessing the over and under energies using these five Elements, the appropriate element to balance is found.

■ NORMA HARNACK, 21 DAYS WITH TOUCH FOR HEALTH

Use the secret of how to stay healthy by making TFH a health habit as reliable and routine as brushing your teeth. Learn how your students and family, friends and clients can benefit from using the TFH routine in their lives.

12:45 pm-1:45 pm

Lunch on own

1:45 pm-3:00 pm

IASK Annual Meeting

3:00 pm-3:15 pm

BREAK

3:15 pm- 4:30 pm

Featured Speakers: MATTHEW THIE & CARRIE THIE

■ MATTHEW THIE: KINESIOLOGY AROUND THE WORLD—REPORTS FROM AROUND THE WORLD

Touch for Health and Energy Kinesiology Around the World: 2009 Report on the Worldwide Development and Growth.

■ CARRIE THIE: VISION FOR TFH/ ENERGY KINESIOLOGY RIGHT NOW

Touch for Health and Energy Kinesiology. Though rarely stepping into the limelight, Carrie feels that she has an important message to share with you today.

4:30 pm-4:45 pm Refreshment Break
4:45 pm-6:30 pm Closing Keynote Speaker: DR. SHELDON DEAL
THE BIOLOGY OF PERCEPTION

Our perception determines our reality. If our perception is off, it can affect our health. If everyone's perception is off, it can affect evolution. We'll learn to check for perception being off or reversed and how to correct it.

7:30 pm-10:00 pm Saturday Night Live! (Talent Show)

All Entertainers welcomed. Sign up at the registration desk.

SUNDAY, JULY 19, 2009

9:00 am-9:15 am Opening & Announcements
9:15 am-10:30 am Opening Keynote Speaker: NICOLETTE PEYRE
FACE LANGUAGE: KNOW YOUR STRUCTURE AND CHOOSE
HOW YOU COMMUNICATE

One of the main gifts Three in One Concepts brought to Kinesiology is a deep and extremely respectful presentation of morphopsychology-Structure/Function. When we accept who we are, we can develop empathy towards ourselves and others.

10:30 am-10:45 am Refreshment Break
10:45 am-Noon Opening Keynote Speaker: MATHILDA VAN DYKE
INTEGRATED HEALING

Integrated Kinesiology combines the power of NLP with Kinesiology to focus on that deep-seated emotional, spiritual, neurological and physiological dysfunction.

Noon-1:15 pm Lunch on own
1:15 pm-2:30 pm TFHKA Annual Meeting
2:30 pm-2:45 pm BREAK
2:45 pm-4:00 pm Featured Speaker: ANDREW VERITY
THE GROWTH OF SYSTEMS INTEGRATION

Kinesiology has been successful because of its use of certain Systems. How do we check the integrity of the systems themselves? Inmate Systems Workshops show you how to reset necessary Systems and show you how to use them as a major recuperation tool.

4:00 pm-4:15 pm Refreshment Break
4:15 pm-5:30 pm Closing Keynote Speaker: ANNEMARIE GOLDSCHMIDT
SCIENTIFIC RESEARCH—CONTEXT AND CONTENT

Where are we and where are we going with promotion of Kinesiological research.

5:30 pm-6:30 pm Live Auction: Adam Lehman, Auctioneer extraordinaire

Donations welcomed!

7:30 pm-10:00 pm Banquet—Included in registration fee, everyone welcome!

MONDAY, JULY 20, 2009

9:00 am-9:15 am Welcome & Announcements
9:15 am-10:30 am Featured Speaker: KATHIE GUHL
LOVE IS THE INTERNATIONAL LANGUAGE

Kathie will explore a balance she has developed that addresses the linking effect of love on anatomy, physiology, spirituality, emotion and self-image. She will introduce a mode and offer a format for balancing, then give everyone some "hands on" time to practice a little.

10:30 am-10:45 am Refreshment Break
10:45 am-Noon Open Forum
Noon-1:15 pm Lunch on your own

1:15 pm-2:30 pm

Closing Keynote Speaker: EARL COOK
DEAR PRESIDENT OBAMA—AN OPEN LETTER

These are challenging times in many ways. Healthcare and its cost are at the center of many issues in American life and industry. Mr. President, you promised change for the future. I wish to inform you that Touch for Health and the other Energy Kinesiologies represent an option for change and improvement in addressing the U.S. Healthcare Crisis.

2:30 pm

Conference Formally Adjourns

2:30 pm-2:45 pm

Closing Ceremony

3:00 -7:00 pm 1/2 DAY WORKSHOPS (Separate registration required)

■ KATHIE GUHL, ETHICS 3

ETHICS THREE: MENTOR

This is the third in a series of three workshops exploring ethics in the Energy Kinesiology field. The course will focus on the myth of Mentor, emphasizing ethics and decision-making. The workshop is interactive and includes role-playing, group discussion, case studies (both fictional and actual) and balancing. This class fulfills the Energy Kinesiology Association ethics requirements for Accreditation.

■ MATTHEW THIE, HOLISTIC APPROACH TO "CARPAL TUNNEL" AND REPETITIVE STRESS SYNDROME

What is "Carpal Tunnel Syndrome"? Do you have it? How do you know it? In TFH we DO NOT DIAGNOSE. We will holistically assess your experience of pain and dysfunction and focus on positive improvement in Life: Stress, Attitude, Habitual Posture, Repetitive Movement, Diet, Emotions, Metaphor, etc. Using a few simple wrist function assessments/muscle-tests and touch reflexes, we will balance to relieve pain, improve function, AND Life.

POST CONFERENCE WORKSHOPS

TUESDAY & WEDNESDAY, JULY 21 & 22, 2009

9:00 am-5:00 pm

(See page 10 for detailed agenda)

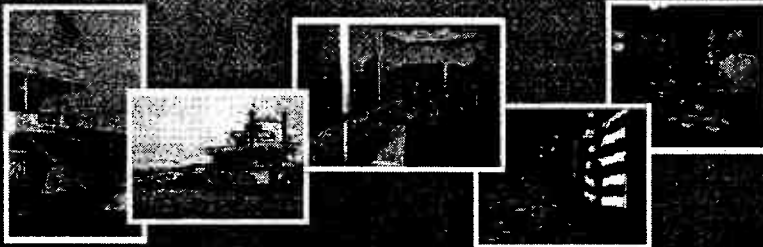


Cruise the Potomac

FRIDAY EVENING, JULY 17TH | 7:30 PM - 10:30 PM

\$65 per person (Register under "Social Activities" on the Registration Form)

EXPERIENCE WASHINGTON, ALEXANDRIA, AND MOUNT VERNON BY WATER ON OUR SIGHT-SEEING CRUISE!



Transportation provided from the hotel to the Potomac cruise.
COME JOIN MATTHEW THIE AND OTHER INDUSTRY LEADERS FOR A WONDERFUL MEMORABLE EVENING.

POST CONFERENCE WORKSHOPS JULY 21-22, 2009

July 21: 9 am-5 pm **ANDREW VERITY**
THE GROWTH OF SYSTEMS INTEGRATION

Kinesiology has been successful because of its use of certain Systems. How do we check the integrity of the systems themselves? Innate Systems Workshops show you how to reset necessary Systems and show you how to use them as a major recuperation tool.

July 21-22: 9 am-5 pm **EARL COOK**
BOTH DAYS **eTOUCH FOR HEALTH LEVELS 1, 2 & 3**
($\frac{1}{2}$ DAY WORKSHOPS – EACH LEVEL IS 4 HOURS)

eTFH level I: The Essential Basics-become more proficient with eTouch for Health. Conduct a standard TFH 14 Muscle, Goal Based, and Balance-As-You-Go Session. The dynamic Meridian Wheel and Five Elements of eTouch are introduced in the session system review.

eTFH level II: Exploring Session Options-Learn the options available in eTouch to conduct other types of balancing sessions. Create sessions using the concepts of and the One-Point Assessment Balance using over-energy detection. Practitioners will become more proficient with the tool and more effective as a TFH practitioner.

eTouch level III: Client Management & Advanced Techniques-Use eTouch as a practitioner tool and examine eTouch Priority System and Integrated and Dynamic Five Element Metaphors as the balancing technique. Submit a testing session to the online John F. Thie Memorial Research.

NOTE: Students should arrive with eTouch software already installed and functioning on their laptops. (12 CE hours)

July 21-22: 9 am-5 pm **ROD BRIGGS**
BOTH DAYS **FEAR OF CHANGE & SELF SABOTAGE**

The current situation sees many people fearful of the future, behind every news report there is an agenda. This has led the media to become a "weapon of mass distraction" taking society towards a gloomy future. In actual fact we have never been better off! Our society has more information, better educational prospects and a higher standard of living than any time in the history of our species; we should be in a Golden age. What stops us is not what is going on externally, it has little to do with politics our bankers and everything to do with the way we view ourselves - with our very thinking process. We sabotage ourselves at every turn with our self images holding us back in all walks of life. The talk will explain how our beliefs restrict us, where those limiting beliefs come from, how to change them as well as where our fears originate from and how they become repetitive in our lives. It is educational, funny and empowering. Over the last two decades Rod Briggs and his Mindlink Foundation have taught peak achievers in business, world champions and Olympians from four different continents how to access their true potential and through this, to change their lives.

July 21-22: 9 am-5 pm **IKC FACULTY, INSTRUCTOR UPDATE**
BOTH DAYS **INSTRUCTOR RE-ACTIVATION DRIVE!**

July 21-22: 9 am-5 pm **MATHILDA VAN DYKE**
BOTH DAYS **INTEGRATED HEALING**

Focus on those deep seated emotional, spiritual, neurological and physiological dysfunctions. (16 hours CE)





Welcome to Washington D.C. and this international event,
"Kinesiology Around the World!!

The joint effort between the Energy Kinesiology Association, the International Association of Specialized Kinesiologists and the Touch for Health Kinesiology Association makes this event a very special opportunity to share our visions, our expertise, our research and our friendship. We're all here because we believe in the work that we do and the benefit to our clients. This is a time of great change and requires, I believe, the merging of ideas and energy to create a vision of the world we want to live in.

My vision includes kinesiology (energy medicine) being an important part of medical systems worldwide, and people recognizing what kinesiology is and how it can help them. It includes respect between traditional medical professionals and complementary energy medicine professionals for their respective education, experience, research and results.

Now is the time to share our vision and enthusiasm for a future that's more inclusive and less exclusive, more cooperative and less competitive, more loving and less hating.

Thank you again for being a part of this event. I would also like to thank the cooperative effort of EnKA, IASK, and TFHKA. Also thank you to Eurich Management for their hard work in helping to make this a valuable and enjoyable experience for all.

Marge Bowen
ENKA President



The World of Kinesiology

Years ago on May 5, 1987, a group of kinesiologists came together with their dreams and vision for Kinesiology. Smaller than the dream of Martin Luther King in 1963, but never the less a dream, a vision.

The vision they held and put into action was to create ASK ~ Association of Specialized Kinesiologists.

A vision of having people come together and share, and through that sharing, spread the knowledge about our wonderful tool, muscle monitoring.

In July, 1987, an "I" was added. IASK ~ International Association of Specialized Kinesiologists was created as an association.

Our dream and vision today is that all kinesiologists will abandon competition, and create more healing power through mutual respect, openness and joy.

Annemarie Goldschmidt

IASK President

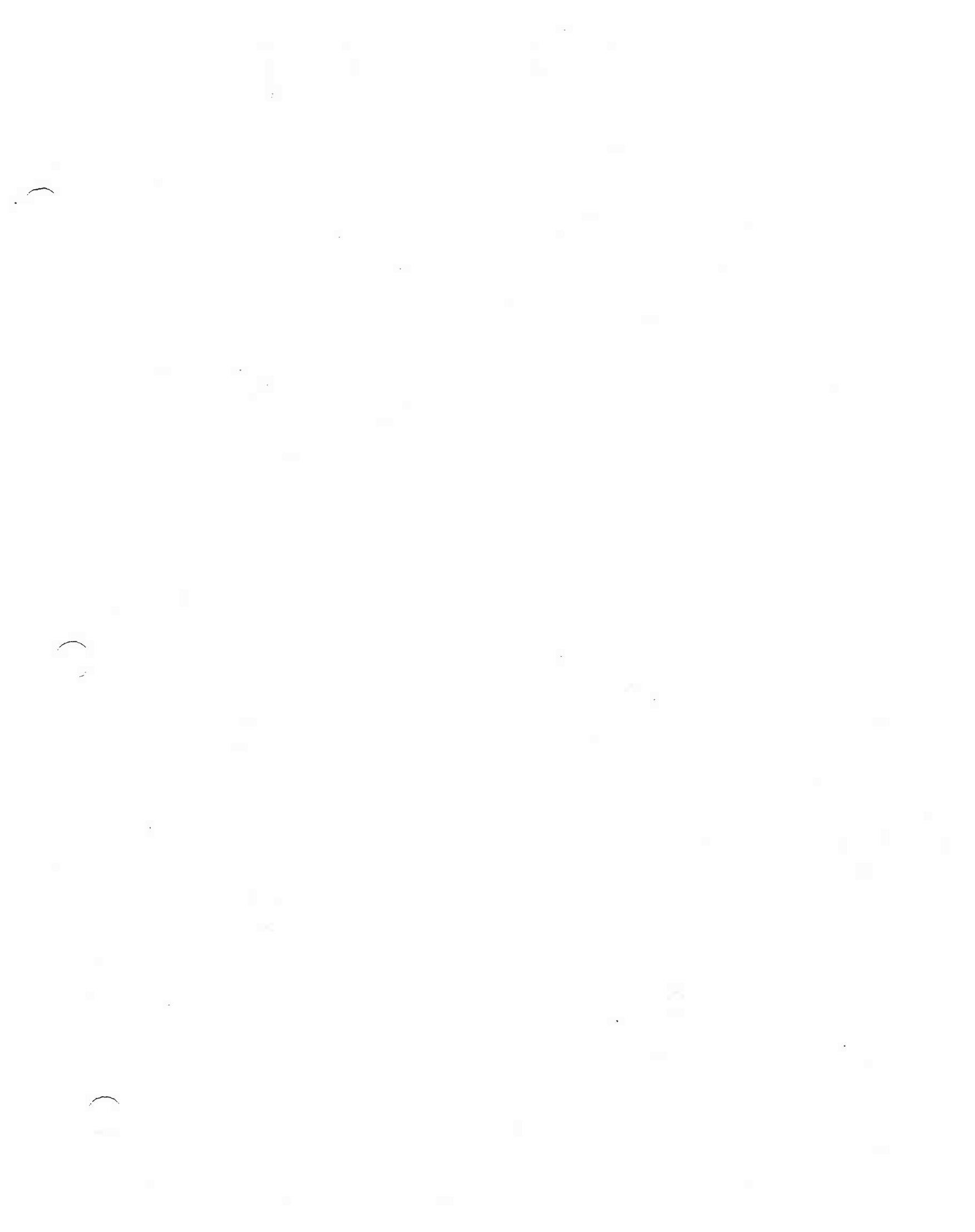


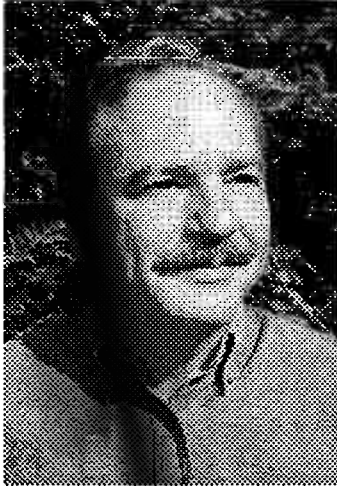
This conference is the culmination of a dream that I have shared with many leaders and volunteers in our field for 5 years or more. It's an "Olympics of Kinesiology" that includes organizations, speakers and participants from around the world to celebrate and share our common vision and purpose. In 2007 EnKA and TFHKA met in Salt Lake City, and hosted the International Kinesiology College. We met again last year in Sacramento, and now we join with our friends from IASK in a truly international gathering. We have gotten to know each other better, raised awareness, and connected our community of Kinesiology. I hope it is the beginning of a long tradition of gathering every 4 or 5 years for a "family reunion" of ALL the Kinesiologies.

In TOUCH,
Matthew Thie
TFHKA President



MY GOALS





Adam Lehman is co-founder and director of the Institute of BioEnergetic Arts and Sciences in Sonoma, California. He has been studying and practicing Energy Kinesiology and related healing arts for over 20 years. Adam is the Advanced Instructor and Instructor Trainer of Applied Physiology in the US and abroad.

Adam will present the theory behind working with what James Oshman calls "The Living Matrix" - considered to be the structure involved with cellular communication and more. The talk will expand on this concept, and a method to use Energy Kinesiology with the matrix both physically and metaphysically will be shared.

Working with The Living Matrix – A Practical Approach

Abstract: The intercellular connective tissue of the body has long been thought to simply be the structure that supports the organs and glands and provide a support mechanism for the body in general. However, researchers going back hundreds of years have speculated that this tissue does more than we may believe.

Most recently, Pischinger and Oshman have provided evidence that this basic tissue has a much more profound role of communication in the body, that it is involved with the health and function of the overall being. The purpose of this paper is to introduce the reader to properties of this living matrix, how it functions in the body, and how we, as practitioners, might access and work directly with the living matrix to assist our clients.

Preface – A Philosophical Kinesiology Primer

In recent years, I've spoken several times about the importance of models. Models provide a framework of understanding for the work that we do. Combined with the philosophy of healing we subscribe to, we have a means of explaining what kinesiology is to those that have never before experienced it.

Briefly: The philosophy of healing we subscribe to is that the human being is designed to have the power to heal itself. When this doesn't happen, it is because there is some form of blockage to that process – this may be physical, biochemical, emotional and/or energetic in nature.

As well, humans have an enormous capacity for compensation – the ability to continue to function when certain processes are compromised. The more compensation that is necessary, utilizing a lot of energy, the less energy and time available there is for the healing process. If this goes on long enough, then the compensation becomes accepted as the status quo, and it becomes more difficult to heal, sometimes due to structural changes that become (supposedly) irreversible.

One of the challenges of being an Energy Kinesiologist is explaining to lay people

exactly what Energy Kinesiology is. It is often considered to be “un-scientific,” because it doesn’t easily fit into the current scientific/medical models of research. However, there is a model that explains quite nicely exactly how Energy Kinesiology works – the bioenergetic model.

The definition of “bioenergetic” is as follows: The study of the flow and transformation of energy, in and between living organisms, and between living organisms and the environment.

This definition, which is a term from science, provides an explanation of why different practitioners can work on the same client and get completely different information – and yet each might get results that help the client. It also explains much more, such as how being in different environments has an effect on how we feel, and that the interaction between different people has an effect of what happens in any given moment.

There are also different models that exist within Energy Kinesiology.

Touch for Health relies on the “Energy Readout Model,” where each muscle represents the energy flow in a meridian. Monitoring each muscle, and its result, is a direct representation of the energy flow in its corresponding meridian, with its correlation to an organ or a gland.

There is also the “Indicator Muscle Model,” where a single muscle is used to communicate with the body as a whole. This requires a language, using body points and hand modes to ask questions that the indicator muscle can respond to. The use of pause lock, or circuit retaining mode, is also often utilized here as a means of extending the language to develop more complex communication.

The important thing to recognize is that Energy Kinesiology, being the use of muscle monitoring to communicate with the body, is just that – a communication mechanism. Nothing more, nothing less. Monitoring muscles does not heal the body, balance energy, or otherwise heal. It is simply a means of getting responses to questions. As a result, I refer to muscle monitoring as the voice of the subconscious.

Not to undermine the importance of this tool. It provides us with the ability to identify blockages to healing, determine the cause of those blockages, and gives the body the opportunity to communicate precisely what it wants/needs to unblock the blockage (making it incredibly versatile and truly holistic) – all so that the body can release its perceived need for compensation, and use that energy to access its innate healing potential. The ability to do this efficiently, often providing a window for the client to come to conscious understandings that may otherwise have been extremely difficult, is exactly the strength of the communication tool of Energy Kinesiology.

Therefore, Energy Kinesiology is not a healing modality in itself. The healing modalities

– those methods that we apply based on the body communicating its needs for releasing the blockages to healing, come from whole world of the healing arts, covering physical, biochemical, emotional and energetic realms.

The beauty of Energy Kinesiology is that it integrates the entire universe of the healing arts, allowing use of just those specific parts indicated, and in combination with those components of other healing modalities that are unique to the client's needs in that moment. The goal? To unblock the blockages and allow the client to go about healing themselves, as designed to do.

This aspect of communication with the body makes Energy Kinesiology a particularly powerful tool in its ability to take new research – with either its usual theoretical applications or newly defined understandings of how things really work – and put them to the test, with actual *practical* application.

Usually, new information that comes from scientific researchers takes years to trickle down into the educational level where the opportunity might exist for real life use. With muscle monitoring, using its native language of electromagnetics (via touching body points and using hand modes), we can explore how new knowledge and awareness of the body can be *used* to help people feel better!

A good example of this is the abundance of new material coming out in relation to the function of the brain. The acceleration of this area of knowledge has been astounding in the last decade. With our knowledge of formatting (as originally introduced by Richard Utt, and built upon by the likes of Krebs, Tobar and others), how to access the structures of the brain and their related newly found functions, allows us as Energy Kinesiologists to put to immediate use this new information in ways to help our clients make profound changes today – without having to wait 10 years or more to see how the medical community might use this information.

Models Gone Wrong

As mentioned earlier, models are important as a means of understanding the work that we do. However, they are not the means of identifying results. This is where western medicine has faltered. By using disease models as a means of determining theoretical treatment possibilities based solely on cause and effect, attention to long term results is overlooked. While the examination and study of the body started from the outside and worked its way deeper inside, based on the available technology of the age, the trip back out was rarely made. Instead, the reductionist approach continues to isolate structure and function on minute levels, not coming back out to consider the effect on the whole. The effect on the whole represents the reality, and therefore, reality isn't considered. Because treatment based on cause and effect provides information only on short term results, this explains why western medicine works best on acute issues but falters terribly when initial results aren't achieved, and the problem becomes chronic.

Eastern philosophy works exactly opposite to western medicine. The relationship to the whole – reality – is what is considered most, using the body itself to achieve results, along with certain tools – acupuncture, acupressure, natural foods and herbs that the body recognizes and metabolizes. This is why people who have chronic problems end up exploring these options after western medicine has failed them. Now, finally, western approaches are beginning to explore some of these “alternatives.” The technology? Quantum physics – with its ability to explore energy on a level not before achievable. This is opening the door to looking further at explanations of results that were previously debunked – usually because the technology didn’t exist to explain the results, and because looking at results wasn’t good enough. Eyes are now opening to awareness that have been observed for hundreds or even thousands of years.

The Living Matrix

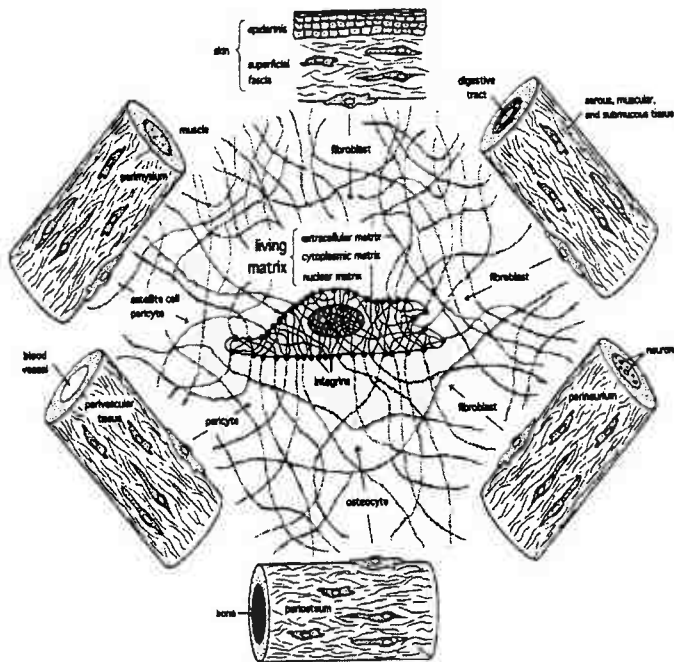
One of the areas that has recently been brought into the forefront of the body’s anatomy is that of the living matrix – connective tissue. This is the structure that holds us and our organs and glands together. Once thought to be simply structural material, it is now being re-examined as a sophisticated organ in and of itself – indeed, the largest organ in the body – that is responsible for rapid communication between every cell of the body. This communication, perhaps as fast as the speed of light, or even instantaneous, has a broad range of effects in body function. Motor action that goes beyond the ability of the nervous system, healing potential on a cellular level that isn’t recognized as being possible scientifically (such as “spontaneous healing”), and perhaps even the ability to see seconds into the future and respond accordingly.

Recently popularized by James Oschman in his book, *Energy Medicine – The Scientific Basis*, the possibilities of the uses and effects of the structure and function of the living matrix are explored. According to Oschman, “The living matrix is simultaneously a mechanical, vibrational, energetic, photonic, and informational network. The entire composite of physiological and regulatory processes we refer to as the living state takes place within the context of a continuously interconnected living matrix.”

Oschman explores not only the living matrix from an anatomical and functional perspective, he also relates it to a variety of healing arts, including chiropractic and homeopathy. Unfortunately, among the modalities explored by Oschman, Energy Kinesiology is not mentioned. The struggle for understanding and acceptance of the tool we all know to be incredibly effective continues to be overlooked by the quantum healing revolution. Yet it is *the* tool that so coherently fits like a glove to access and work with the living matrix. In fact, I am now reconsidering my initial labeling of muscle monitoring as “the voice of the subconscious,” and thinking of it instead as “the voice of the living matrix.”

What Is The Living Matrix?

In short, the living matrix is a continuum that connects everything in the body. There was a time when a cell was considered to be a “bag” of liquid, filled with various organelles and substances suspended in the fluid. It is now recognized that a cell is even more-so filled with filaments and tubules that make up what has become known



as the cytoskeleton. However, this concept is now being found to be not fully accurate, and that the cytoskeleton – thought to be just structural in nature – is now more accurately understood to also be the nervous system of the cell, through which communication happens.

Further, this cytoskeleton connects both inwards and outwards. Inwards, there is a connection through the wall of the nucleus to the nuclear skeleton, which also connects to DNA. Outwardly, it has now been found that the cytoskeleton connects with the extracellular matrix via protein based molecules known as *integrins*, which penetrate the cell wall. The ex-

tracellular matrix is made up of connective tissue, whose main structure is collagen, and other related substances. As these connections exist in every cell and out to the connective tissue matrix (which, in turn connects out to the dermal layers – the skin), it becomes clear that every cell in the body is connected to every other cell through this living matrix network.

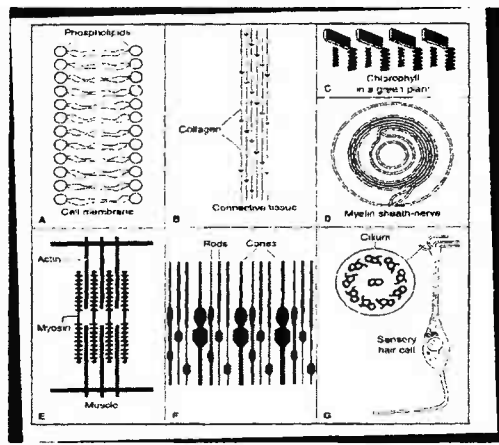
The connective tissue is the only tissue that is in contact with every other type of tissue in the body. It therefore mediates the communication between all the other tissues – blood vessels, nerves, organs, glands, muscles, etc.

Taking this a step further, this means that any contact to the skin is received through this living matrix and translated through, potentially down to the DNA level of every cell. This begins to shed light on what many of us has observed hundreds of times – that anything can cause anything, and anything can “fix” anything. This is why we might work on an area of the foot to affect pain in the neck, or vice-versa. Of course, the potential for even deeper healing becomes apparent, as we consider the effect of touch right down to the genetic structures.

This continues to get much more complex as we dive further into it – which is well beyond the purposes of, or space allowed for, this paper. Nevertheless, other aspects important to consider are the transmission of information itself, the biochemical reactions involved in that transmission, the actual anatomy and physiology of the matrix itself, and the environment of and created by the matrix. Further, it is my opinion that this living matrix extends outside of the body and creates what is often referred to as the etheric web, and includes the nadis as well.

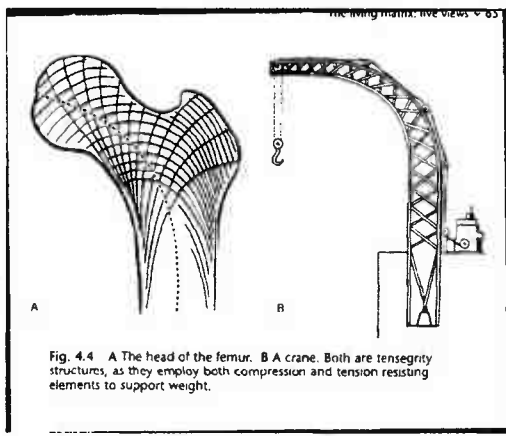
Physical Properties of the Living Matrix

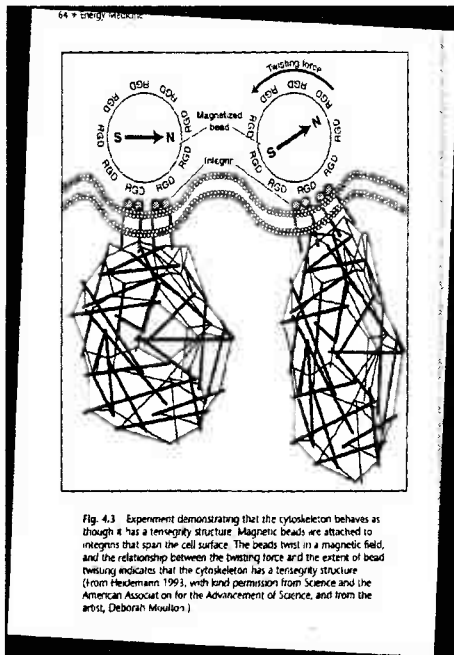
One of the key physical properties of the living matrix is that it is largely made up of crystalline structures. This gives it general properties that are found in crystals of all types. That means that there is the ability to store and transmit energy, giving the matrix the properties of memory of its own, and the ability to function based on that memory. Another property is that of piezoelectricity. This means the matrix has the



ability to generate its own electrical potential, absorb and transmit energy (including sound and light). The ramifications of this are astounding in terms of its function within the body. Can the matrix activate movement without the typical nervous system enervation of a muscle? Can the matrix itself have the ability to see and hear, separate from the nervous system functions of the eyes and ears? Certainly there are examples of this. Consider the martial arts master who is unknowingly attacked from behind, yet reacts before being touched, and hurls his assailant across the room – without even touching him.

Tensegrity is another important property of the matrix. A term coined by Buckminster Fuller, it is a combination of the words *tension* and *integrity*. It refers to the win-win situation caused by opposing forces that push and pull as a means of maintaining structural integrity. The geodesic dome was the structure that led to Fuller's coining of the term. Other examples of this include cranes that are used to lift large steel components in order to construct buildings and suspension bridges.





There are many examples of tensegrity in the body in fact, the entire body itself is a tensegrity structure when you consider the force of gravity and how the body holds together as a whole. On a smaller level, the head of the femur in the socket of The acetabulum is similar to a crane and is therefore a tensegrity structure. Another example of tensegrity is that of the cell's cytoskeleton. With the various rods and tubes extending throughout the internal structure of the cell being balanced by the outside environment of the extracellular fluid, while having the flexibility for the cell membrane to move and flow, is another example of tensegrity. This is the matrix on a small scale. So the entire matrix has the same property of tensegrity as a means of allowing the whole body to move and be flexible while maintaining structural integrity.

However, if areas of connective tissue become tight, lose flexibility, and become compromised, then the ability for the matrix in that area to maintain its other properties of intercellular communication and structural flexibility become challenged as well.

Communication

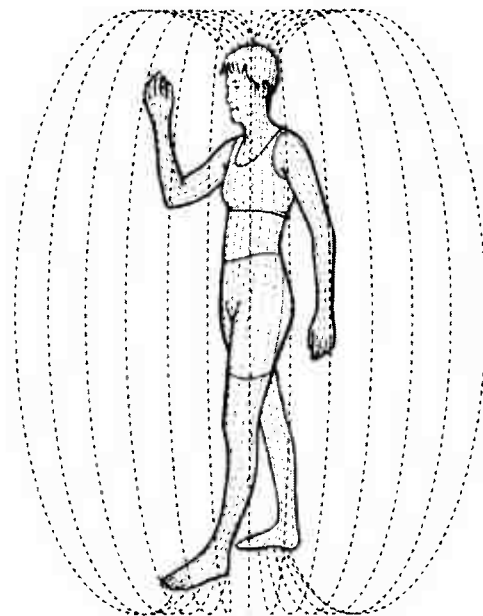
There are a variety of forms of communication that are involved with the living extracellular matrix. As well as the piezoelectric aspect, other electromagnetic frequency and waveforms are certainly among the most important. Vibrations on the molecular level, the rhythmic cycles of organ function, magnetic fields emitted by the heart and brain, and even the rhythm of the breath itself all oscillate throughout the living matrix.

Worth considering here is the structure of collagen and other substances of the living matrix. Collagen is a liquid crystal. This kind of structure is found in several parts of the body, and functions like a semiconductor. While the nervous system responds to stimuli that must exceed a particular threshold, the matrix can respond to sub-threshold signals with large responses. While nervous system response often results in reactions that are conscious, involving the sensory and motor cortex in the further extensions of the brain, the living matrix functions strictly in the realm of the subconscious. If the body has this other system of response to signals that would be otherwise ignored by the nervous system, then the level of sensitivity that includes intuition becomes understandable, and the response is significantly faster due to the properties mentioned above.

An interesting piece of the piezoelectric potential of the matrix is that of frequency generation – not just sensory. Of particular note are the certain range of extra low frequencies (ELFs) that have been found to have healing effects on tissues in the body. Sisken and Walker identified that 2 cycles per second (hertz or hz) stimulate nerve regeneration. 7 hz help bone growth. 10 hz is involved with ligament healing. 15, 20 and 72 hz assist in decreasing skin death, stimulation of capillary formation and fibroblast growth, respectively.

Dr. John Zimmerman recorded signals emanating from people's hands while performing Therapeutic Touch, the work of Dolores Krieger commonly taught in the nursing community, and as such, used in hospitals in the US. Interestingly, Therapeutic Touch doesn't involve direct touch itself. Rather, it is performed with the hands off the body, similar to Reiki. What Zimmerman found was that there was a sweep of frequencies ranging from .3 to 30 hz. Most of the activity was in the 7-8hz range. So simply directing energy through the hands over certain parts of the body may, without even touching the body, have healing effects on various tissues.

Then there is the matter of the heart. The heart generates the strongest electromagnetic field in the body. In experiments run by the Heart math organization (McGraty, Bradley, et.al., www.heartmath.org), it was shown that the heart actually anticipates emotional response prior to the emotional stimulus itself. This gives the person the ability to respond Even before the experience of the stimulus – sometimes by a matter of seconds. The brain also has this ability, but is slower. Yet the two can act together. However, there is a distinction between emotionally charged stimulus and neutral stimulus, and the heart seems to distinguish between the two and respond to the charged stimulus before the stimulus even is experienced. This is quite astounding!



The heart field

Biochemistry

Alfred Pischinger, a leader in the research of the extracellular matrix, identified much about the biochemistry involved with the living matrix. Of particular note is the glycocalyx – the sugary surface film that coats the cell wall, mediates the function of the cell from the extracellular space, and helps determine the function of the cell based on its location. The glycocalyx has its own electrical potential (as mentioned above in the discussion of properties of crystals), separate from the cell membrane and the extracellular matrix, effectively defining a different communication system in the cell other than what can pass through the membrane in the traditional ways that we think about that process. By responding to changes in the electrical potential of the extracellular matrix, information can pass through the cell wall – and correspondingly into the cytoskeleton with its furthering connection into the nucleus and genetic structures – much faster than other forms of cellular communication that must pass through the cell wall with binding sites, etc. This level of communication may be almost instantaneous. Again, consider this in relation to muscle function. Rather than only the synoptically firing of muscles through nerve transmission, there is another way through the connective tissue that may cause muscles to fire even faster when necessary, and through subconscious, intuitive channels rather than the conscious transmission from the motor cortex.

The glycocalyx also has its own binding sites, particularly for glycosaminoglycans (GAGs), which are involved in the actual structure of the matrix itself. Most common of these GAGs are hyaluronic acid, heparins sulfate and chondroitin sulfate. Because they are part of the structure of the extracellular matrix as well as easily bound to the glycocalyx coating of the cell, further support of the notion of the interconnectedness of the extracellular matrix and the cytoskeleton is identified.

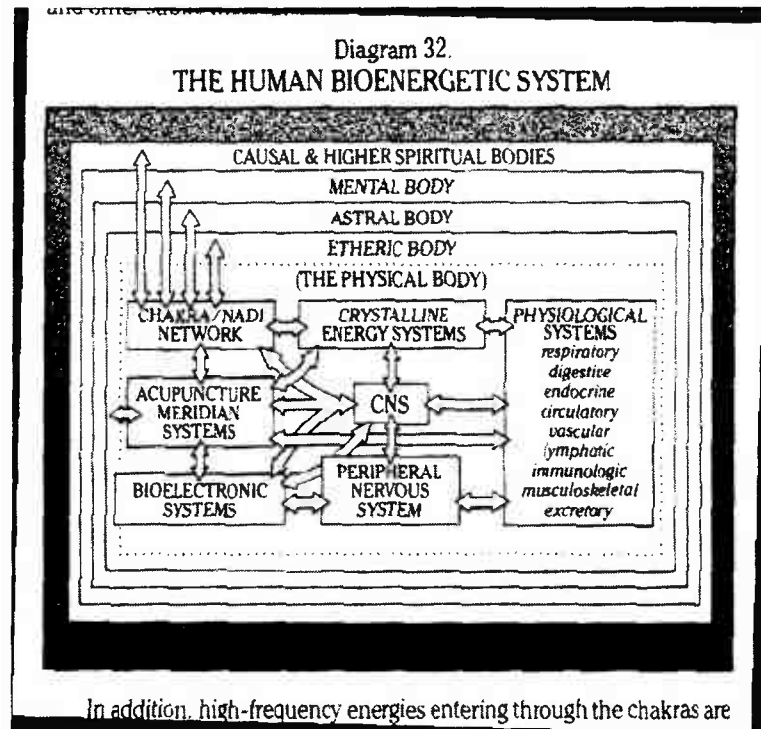
However, this can also create problems. Distortions in the make-up of the extra cellular matrix can create abnormal cell behavior as a result of this relationship. This may even result in tumor cells. Some tumors even use the body's own substances, such as hyaluronic acid, to disguise the bacteria so as not to be seen by the immune system.

Which brings up the subject of the environment.

Dr. Bruce Lipton, author of *The Biology of Belief*, often refers to the environment as being the critical factor in genetic expression. The notion of genes being responsible for many of the diseases of our time following the mapping of the human genome is really the result of the environment of the cell itself. As genes have sleeves on them, they only express when that sleeve is removed. What determines if the sleeve is removed is the environment around the cell! So the functioning of the extra cellular matrix becomes even more important when considering its relationship to cellular function.

This brings us right back to our bioenergetic model: the study of the flow and transformation of energy in and between living organisms, and between living organisms and the environment.

Now simply take out "living organisms" and substitute "cells," or, "matrix." And the flow and transformation of energy is what is *occurring* in the living matrix. However, we must always come back out and look at the effect of this on the whole living organism as well.



The Human Bioenergetic System

What It All Means

When we put all this information together, the important thing is how all functions. The matrix connects to every part of the body, more than the nervous system or the capillary system – these end up being a part of the matrix.

Have you ever wondered how certain aspects of Energy Kinesiology work? How simply putting a substance on the body creates instantaneous change throughout the circuit even when the body has not taken in the actual substance that has indicated is deficient? How does this happen so fast? What about dehydration disappearing the moment someone takes a sip of water?

It's not neurological.

When we consider that light hitting the retina takes 1/4 to 1/2 of a second to reach the visual cortex, it suggests that we are always living that much in the past. Yet studies show that stimulation of acupuncture points, for instance Bladder 65 on the foot, light up the visual cortex in microseconds, and perhaps even faster (the equipment used to record this time isn't fast enough yet to determine this). So how does a signal from the foot get to the brain faster than the retinal nervous system? The matrix.

When an athlete is "in the zone," or a martial artist defends himself from something he can't see, reacting to stimuli around them, how is it that they respond so fast, faster than the nervous system could possibly explain?

Intuition is an act of the matrix.

Consider the process of “automatic writing.” This is where you just “let it flow,” trying not to “think” about what you want to write, but simply let it come out through the pen. It can be amazing what actually ends up on the paper, and you often have to go back and read it to even know. This is an act of allowing the matrix to “speak.”

When we function from that place that Noel Burch defined as “unconscious competence,” this is the function of the living matrix. When we answer questions about things we didn’t know we knew consciously, and yet get it right, this is the matrix.

And when we spontaneously heal from illnesses that have built up for long periods of time, often due to emotional factors and trauma in our lives that somehow we release in a moment, this is a function of matrix repair that results in instantaneous change in the body. This may also explain why a person with multiple personalities may have a disease such as diabetes in one personality, and then no trace of it moments later when they shift to a different personality.

Putting it to Use

Although we’ve only touched the surface of this fascinating new area of the body/mind, we can use what we know to begin to look at the matrix from a healing perspective, applied practically with Energy Kinesiology.

Oschman speaks of the living matrix as the largest organ in the body. I would postulate that this matrix, with its far reaching communication and interconnectedness, is the first thing to look at in approaching almost any health/wellness issue. In the work we’ve done for decades now, we’ve relied on the matrix itself to accomplish much of the information we get through muscle monitoring, and the results that happen from the healing modalities we apply. Yet we don’t consciously and directly work on the matrix itself.

As previously discussed Energy Kinesiology exists within the bioenergetic model. Because the flow and transformation of energy is the critical part of maintaining health, then it is the blockage of this flow that results in perturbations of the healing process. Going directly to the source (as is the goal of Energy Kinesiology), and identifying and resolving blockages in the *matrix system itself*, can only result in a better quality of healing response throughout the body.

Generally speaking, it is usually best to begin with the bigger picture of the body, and then work down to the more specific aspects. In this way, we peel the layers of the onion back, and don’t spend time on small things that might appear important, but end up being peripheral in nature. By working with this larger system, and then, as necessary, going into more specific areas afterwards, results will come more easily, be more effective and last longer.

A Generalized Procedure

What follows is a discussion of possibilities of a practical Energy Kinesiology approaches to the living matrix. Please see the appendix for one possibility of a step by step procedure and list of modes mentioned, with their descriptions. However, this discussion offers many more options to later included in that procedure.

My research has come up with the following mode for the living matrix:

Living Matrix Mode: Organ mode X GV20 X CV1.

Organ mode: Hand in a fist, index finger and thumb extended with pads touching.

GV20: Located at the highest point on the top of the head, in the midline. Locate by drawing a line up from the apex of each ear until they meet at the top of the head in the midline.

CV1: Located in the perineum – the point between the anus and genitals. You can Energetically “touch” this point by pointing directly into it with 2 fingers at a distance deemed respectable to the client.

I have yet to apply this mode to a new client in the clear and not have it show an indicator change.

When I found this mode, it made a lot of sense to me. GV20 and CV1 connect the two ends of the central nervous system. As well, they connect the central nadis that the chakras attach to. Out of this central core connection comes the entire energy field of the body metaphysically (including, as in the above diagram, the heart field), and internally it extends throughout the body via the extracellular matrix. So the use of this becomes potentially even more profound, connecting to the entire nadi system, throughout the entire meridian system (which Oschman feels is perhaps the real communication system of the matrix), and the body’s etheric web.

As a result, from this initial mode, many directions can be explored.

My background as an Energy Kinesiologist is quite broad and varied. However, from all the studies I have undertaken, the model that I work within most is Applied Physiology (AP). Therefore, the modes and techniques I use are often based on this model. The use of AP formatting is particularly well suited to getting deep into the matrix because of the ability to access specific structures and functions of cells throughout the body, blood chemistry, anatomy and physiology of each organ and gland, and specific brain formatting. Generally speaking, Richard Utt’s development of formatting extends the language of Energy Kinesiology to allow us to become linguists and ask more complex questions of the body in its own language – electromagnetic.

Applied Physiology is also particularly well suited to matrix balancing due to its proprietary means of accessing the body in a holographic manner. You may have picked up through the above discussions that the living matrix is extremely holographic itself, so using the AP holographic method allows particularly intimate access to the

living matrix.

However, the wonderful thing about Energy Kinesiology is its flexibility. Use what you know and allow the body to lead you. Because the matrix works the way it does, amazing things can happen with almost any type of therapy if the practitioner is attuned. If you put on matrix mode and then simply do a 14 muscle Touch for Health balance, you will still get results. After all, because of the tensegrity system of the matrix, working with just the muscles can still have a profound effect on its function.

While some healing systems are protocol based, I prefer to let a combination of intuition and communication through muscle monitoring identify what is going to work for each individual. So what I present here (which is still in the developmental stage) are simply some possibilities of uses that I invite you to explore.

After matrix mode gives an indicator change (I/C), I always check anatomy and physiology modes. This way, I know if I'm working with the structure or the function of the organ of the matrix itself. Which of those modes shows (if either) determines other possibilities of where to go next.

If anatomy mode shows, I check Cell Mode, and use the AP system of the cell hologram as necessary. This gets me into the actual structures of the cell, including the cytoskeleton, which often shows. As well, the mitochondria is important here, and leads the way into glycolysis, an important biochemical process related to matrix activity.

If you have modes for checking different tissues in the body, or perhaps homeopathic vials, then certainly collagen is an important thing to check.

When Physiology mode shows, I still check for the cell hologram, and look to cell processes, such as ATP production for what might show.

Using nutrition mode (Beardall's classic thumb pad to middle finger pad), various biochemical building blocks can be checked as well. Important here is protein and sugars. If you know the points for amino acids (Richard Utt and Sheldon Deal), check them. Enzymes are also very important for activity along the matrix, so enzyme mode (thumb pad to distal crease of middle finger) is another possibility. Herbalist Humert Santillo considers enzymes to have photonic, light sensitive properties. This would fit right in with the concept of the matrix.

Then there is the metaphysical side as well. Scanning the layers of the aura, checking chakras and Figure 8s, these are all possibilities of working with the matrix. Checking for negative energy fields (NEFs, sometimes referred to as entities) can be very important here, though cleaning up the etheric web will often result in no place for an entity to remain. Nevertheless, dissolving the NEF is better than having it find another host (such as the practitioner!).

It is very important to include the emotional side of things when working with the matrix. Many, if not most, blockages that disrupt the matrix's ability to function properly are from emotional trauma. So using whatever method you know of identifying emotions and clearing them on a deep level is critical. One thing to consider here is the heart math aspect. If trauma is experienced before the actual trauma occurs, then that may be considered in the resolution. Going back to the time of the trauma itself may not be enough – rather a few seconds earlier may expose a whole new layer!

As well, if the heart is the first place of experience here, then checking the heart each time may be important as well. Using subscapularis as our guide, this information is easily exposed. Those of you who know Applied Physiology may want to check the Can Opener method as well to really flush it out.

When it comes to balancing, the energetic modalities seem to be the methods of choice. Acupressure is particularly powerful for the communication it represents along the matrix, and therefore, throughout the body. Sound, light and touch all produce excellent results, and can be used in conjunction with most other healing modalities, including acupressure, the chakras and Figure 8s. As well, simply using your hands to focus on an area (determined by scanning the body and letting the muscle indicate where to direct your energy) is very powerful. If you allow yourself to channel the energy through you, you will find that you will generate the proper frequency that you need. Remember not to think! Access your unconscious competence, focus your energy, and allow it to flow.

All of this is a general approach to the matrix. Keep in mind that every organ in the body has its own separate matrix as well. So once you've balanced the general matrix, you can get more specific by identifying the organ, gland or tissue you wish to explore, and then check matrix mode. Even on the cellular level, you might check matrix mode again to get into the matrix of the cell – the cytoskeleton – itself.

I have had many people say they have experienced profound shifts in their energy from a matrix balance. Often it is so subtle that they can't even put into words exactly what it is different, that it's just a feeling, but that it vibrated within them for several days. This lets me know that it's likely to be the matrix that they're experiencing.

I'm also currently working on some more serious physiological issues with people, but do not have any concrete results to report at this time. However, my feeling is that this work is opening doors to new areas, and I am incorporating it into my practice on a regular basis. I now start with matrix balancing with new clients and don't go into other areas until the matrix checks as being clear in the clear. This may take a few sessions, and in extreme cases, may go on for longer periods of time. Yet what shows up in the session, based on exploring many of the above possibilities, always leads me to believe that it's the proper course of action.

I invite you to explore this new and fascinating area of the body/mind. If you have any questions or comments, please feel free to contact me using the information below. As well, if you use the information presented here, I would be very interested to hear your experiences as a means of furthering developing the work.

Namasté.

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Appendix

Modes

Anatomy: Hand in a fist, thumb pad over middle phalanx of index finger.

Physiology: Hand in a fist, thumb pad over middle phalanx of ring finger.

Organ: Hand in a fist, thumb and index finger extended with pads touching.

Gland: Hand in a fist, thumb and middle finger extended with pads touching.

Bone: Hand in a fist, thumb and little finger extended with pads touching.

Nutrition: Th pad to middle finger pad.

Enzyme: Thumb pad to distal (closest to finger tip) crease of middle finger.

Histology/Cell Mode: Thumb pad to crease of middle finger where finger joins hand OR Anatomy mode with deep pressure of thumb pad on middle phalanx of index finger.

Amino Acids: Nutrition mode (thumb pad to middle finger pad) and GV25 (tip of nose).

Other Nutrition Points: Nutrition mode and touch various Riddler Points (use a Riddler Point chart).

Chakra Mode: Pad of index finger over thumb nail.

Figure 8s: Practitioner only touches Sp 21 on client's left side. (Sp 21 located between 6th and 7th ribs on side of body)

Procedure Examples:

TFH: Before doing a 14 or 42 muscle balance, or other Touch for Health method, simply put Matrix Mode into circuit retaining mode first. Check with clear indicator muscle. This becomes the goal.

One Brain: Put matrix mode into circuit, age recess, and follow the typical One Brain procedure. The Behavioral Barometer will usually show the core emotions involved with a person at this level, so you will quickly learn a lot about your client. Consider Muscle Circuits here as well, and the Adversary balance.

Applied Physiology and other Energy Kinesiology Systems:

1. In the clear, check Matrix Mode. I/C, P/L. (Indicator change, pause lock - put into circuit).
 - a. If you are familiar with AP, SIPS, NEPS (MOPS), NSI and similar systems Of working with powers of stress, this is extremely useful here. Heart/Self points as well.
2. If you wish to work first in the metaphysical, check for NEFs and balance in what ever way you know (this is beyond the scope of this paper, so use only if you are comfortable with this).
3. Check Anatomy and Physiology modes. Whichever one shows, P/L.
4. Check cell mode. If you know the Applied Physiology Cell Hologram, put on hologram mode and proceed with the AP procedure to establish which cell, and which organelle.

Note: at any point that the modes stop showing, either explore other things you know, or simply balance at that point. Then come back and check to see if the body is willing to go further.

Further Note: In Applied Physiology, we are always looking to further activate the actual "problem," something we call "entering the hardware." So if you get to a particular structure or area of the body that the above procedure indicates, do something to further stimulate that area – push into it with your fingers, massage, have the client move, stretch or tighten the area, monitor its related muscle. Remember that any touch also activates the matrix, right down to the DNA level. Pause lock this activation. This will increase the stress and help the body focus on what you're working on. Your results will increase.

5. Beyond this, the system becomes very flexible. Looking at structure, biochemistry, emotions and electromagnetic possibilities may show anything in those realms. Metaphysically (which, if electromagnetic mode shows, may be the doorway to this as well), check chakras, nadis, Figure 8s, spiral energies and the etheric web as a whole. As these are areas that are dependent on your particular education and styles, it is beyond the ability of this procedure to get into specifically. Trust what you know, consider the properties of the living matrix, and go for it!

6. Balance your setup. Typical here are meridian techniques – acupressure (particularly using command points), chakras and Figure 8s. Flower essences are also quite effective. But anything fixes anything, particularly in the realm of the matrix, so let the body lead.

Another Possibility: To be used after the above, when the overall matrix has been balanced.

1. Based on a client's issue, use Organ or Gland Mode and alarm points to establish a context. For instance, if a client has kidney problems, use Organ Mode and the kidney alarm point. Another example is to use Bone Mode for someone with osteoporosis. P/L.

2. Now put on Matrix Mode. In this manner, you are now accessing the matrix of the specific structure in the body.

3. Continue with the balance as above, considering the properties of the structure whose matrix you are examining.



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Hugo Tobar is the founder of 'Neuroenergetic Kinesiology' and has been writing and developing courses since 1998. Hugo's rich cultural background comes from Ecuador and Australia. Before Kinesiology he had done a variety of things including studying Civil Engineering in Ecuador and Australia; and living 3 years in India experiencing Eastern philosophies. After discovering Kinesiology while in India, his journey has taken him through many highs and lows including his two children, divorce (2005), and the meeting with his fiancée Alexandra Gasper. Hugo studied Kinesiology in Melbourne with notable Kinesiologists such as Charles Krebs PhD, Chris Rowe and Kerry Sedgeman. After attaining the diploma in Kinesiology

from the college in Melbourne, he continued his training with Charles Krebs PhD (founder of LEAP), Richard Utt (founder of Applied Physiology) and Ian Stubbings (founder of the Stress Indicator Point System (SIPS)). Shortly after graduation from the college he started to develop his own ideas that he later shared successfully with his colleagues. Charles Krebs PhD soon recognised the potential of his ideas and invited him to present a paper at the Applied Physiology annual meeting in Tucson Arizona in 1999. This led him to be invited to teach in institutes all over Europe, including Kirchzarten Germany, the world's largest Kinesiology Institute. The conference in Tucson Arizona was his platform to launch his worldwide teaching career, since then he has been travelling all over the world teaching Kinesiology. Hugo's work, Neuro energetic Kinesiology, is now considered a major force in modern Kinesiology, with practitioners of his method all over the world. He has written over 30 courses and continues his prolific development of material that also had a deep impact in other areas of Kinesiology such as the LEAP system by Charles Krebs PhD. His work includes topics from diverse areas such as chakras, meridians, emotions and psychology to in-depth areas of anatomy and physiology such as the immune system, biochemistry, endocrine system, primitive reflexes, structure, pathology and the nervous system. He recently founded the International College of Neuro energetic Kinesiology (www.icnek.com), and accredited it as a Registered Training Organisation (RTO) in Australia to raise the standards of his Kinesiology trainings.

Today he is teaching in America, Europe and Australia, with a lot of appreciation. He has also authored over 20 courses expanding on AP & LEAP, and continues to innovate more courses today.

Stress and its Effects on Health and Disease

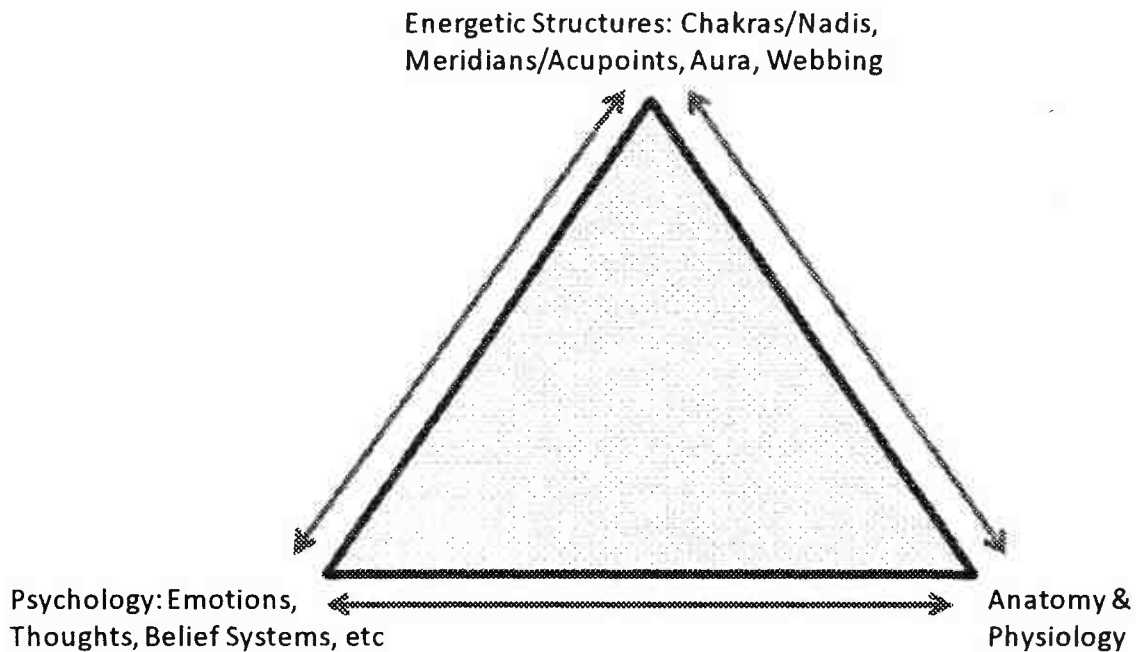


Fig 1 The Balance Triangle

Every psychological imbalance has a physical imbalance. The psychological imbalances can appear as temporary mental/emotional imbalances or as more chronic mental disorders.

An example of this is feeling sad or lonely to having a full blown panic disorder. These, in fact, have the same underlying neurology. They are just different degrees of innervation.

The physical imbalances associated with the psychological disorder are in both the anatomy and physiology. Every psychological disorder, whether it is a temporary feeling or a chronic condition has a neurological imbalance. This manifests in the neurotransmitters endocrine system etc. There is also an imbalance in the chakra system that accompanies this. The chakras, in fact is where the imbalance is held.

For me, in Kinesiology what we do is remove stress. This allows the client to adjust and deal with the stressor and heal themselves. This raises the question how exactly do we remove the stress? Well the first step is to access the stress, and how is this done? There are many ways of doing this, and some of them require the practitioner to have a high degree of expertise and personal development.

Part 2, The Holistic patterns of interaction

In the physical body chemical messengers send messages between 3 major body systems. These messages are called hormones or neurotransmitters. These messages are analogous to SMS messages. When we send an SMS message we need to send it to another phone, this phone has to be able to receive the message. If the phone is turned off it cannot receive the message. When the phone is turned on it can receive the message. In this way two people can communicate between each other through mobile phones. In a similar way 2 cells in a living organism can communicate with each other. The hormone or neurotransmitter transmits the message much like the SMS does. The receiving cell must have a functioning receptor for the hormone or neurotransmitter, much like the receiver of an SMS message must have a turned on mobile phone to receive the message. Different hormones and neurotransmitters transmit different messages; some can bring 'good' news, others can bring 'bad' news.

This is called the chemical messenger system and these messages are transmitted between different components of the 3 major body systems that can transmit and receive messages. These three systems are, the nervous system, the endocrine system and the immune system.

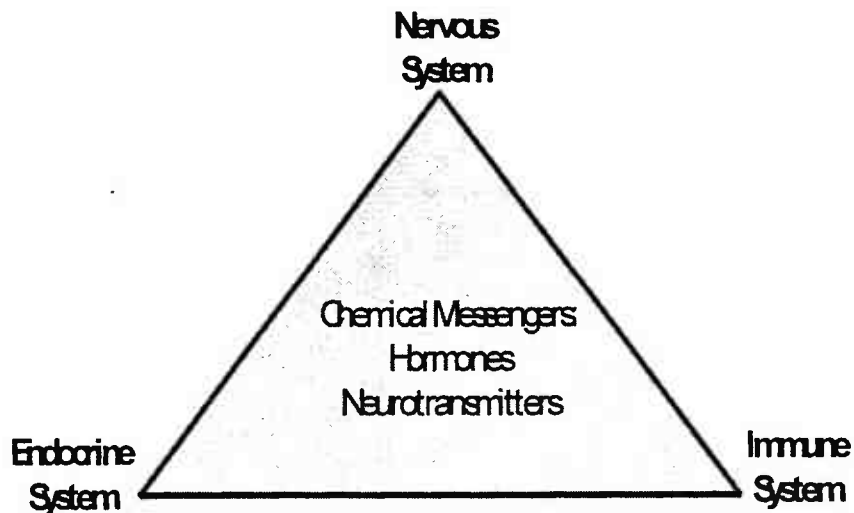
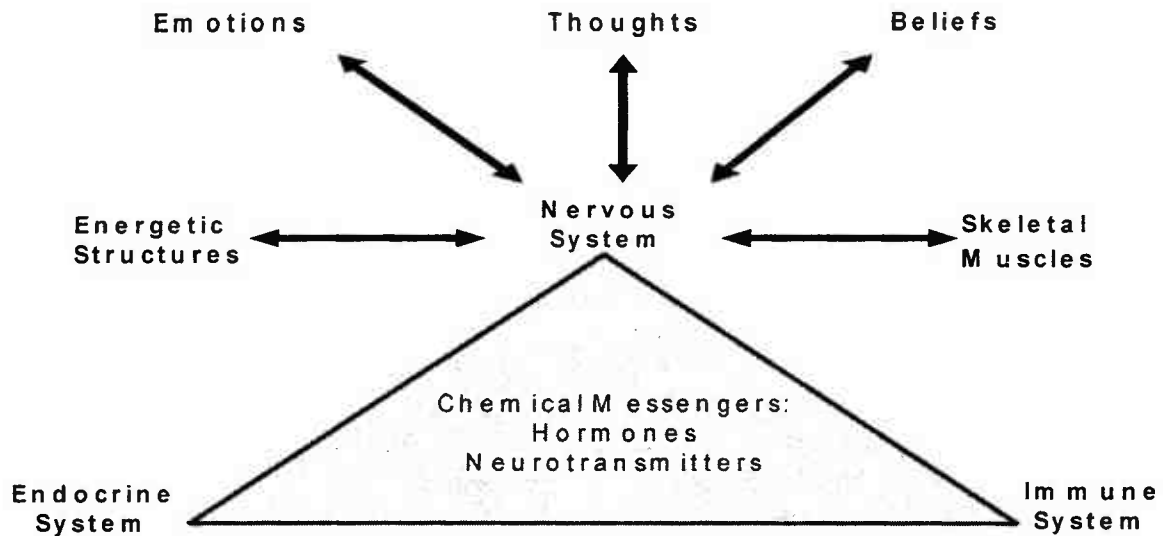


Figure 2 "The Chemical Messenger Triangle"



The holistic patterns of interaction exist between the physical world, the psychological world and the energetic world. Figure 2

Part 3, The 3 Stages of Stress

Hans Selye developed a model of stress response called the 'General Adaptation Syndrome'. This syndrome divides stress into 3 stages, they are:

1. Alarm reaction (Flight – Fight)
2. Stage of Resistance
3. Stage of Exhaustion

Selye concluded that the stress response was non specific, automatic response to the stressor. These stressors could include any of the following:

- | | |
|-----------------|---------------|
| ⇒ Psychological | ⇒ Severe |
| ⇒ Physiological | ⇒ Real |
| ⇒ Pleasant | ⇒ Imagined |
| ⇒ Unpleasant | ⇒ Present |
| ⇒ Mild | ⇒ Anticipated |

These stress responses are mediated by the nervous system and the endocrine system. We can see from the previous diagrams that stress can effect how we interact on every level. In kinesiology we have a unique tool that helps us read the level of stress on any given level; this is called the muscle test. More specifically this is the use of an indicator muscle (IM).

When we test an IM there are 4 possible responses, they are as follows:

1. No Change
2. Indicator Change (IC)
3. Over facilitation (OF)
4. Under facilitation (UF)

An Indicator Muscle is used to test if there is stress on any given event, this can be by thinking of something, doing an activity or by circuit locating a reflex point. The response of the indicator muscle can then tell us about the levels of stress at any given point.

IM Response	Stress Stage
No Change	No stress
Indicator Change (IC)	1 st stage of stress
Over facilitation (OF)	2 nd stage of stress
Under facilitation (UF)	3 rd stage of stress

The muscle test is a neurological event, when we push against a muscle and it tests strong, this event is controlled by nerve fibres that cause the muscle fibres to contract. This means that when someone tests a strong muscle they are assessing the state of contraction of the muscle. Even when we are walking or standing, neurological mechanisms control our muscle function that allow us to walk or stand.

A muscle tests weak when stress that is measured by our neurology affects the muscle tone. Again, this weakness of the muscle test is a neurological event. What happens is that the output of the stressor turns off the ability for the muscle to contract. Thus the weak muscle test indicates that there is stress surrounding the issue that is being tested.

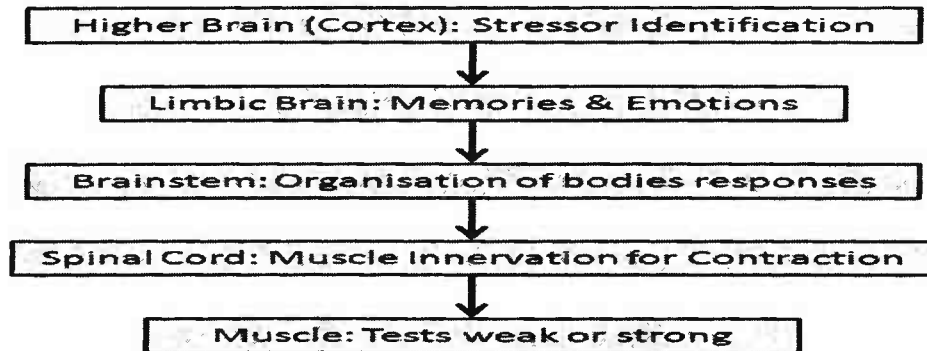
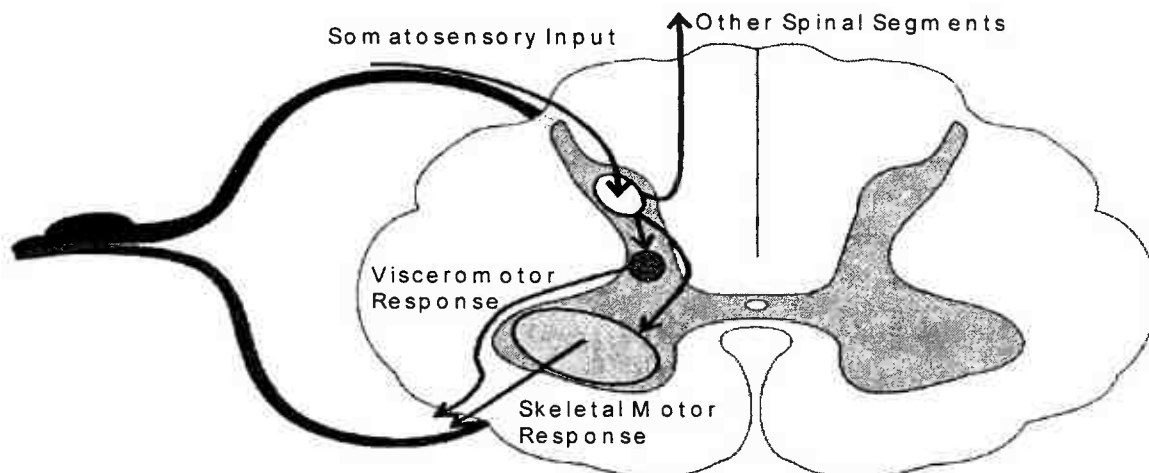


Figure 2; sequence of neurological events from a stressor to a muscle test through the neurology

Nuero Reflexes

Any kind of reflex has certain characteristics, firstly there has to be some kind of sensory stimulus to trigger the reflex. Then secondly there is some kind of motor response within the body. This motor response can be visceromotor or cause skeletal muscle movement.

The simplest example of this is when a doctor hits a small hammer below the knee (sensory input) and the leg moves in response (motor response). Other example is that of reflexology where all



Figure; showing how visceromotor and skeletal motor reflexes work when triggered by a somatosensory stimulus.

Traditionally reflexes have been used in kinesiology as corrections for muscle tests, the two most important of these are the Neurovascular reflexes of Terrence Bennett D.C. and the Neurolymphatic reflexes of Frank Chapman D.O. The best review of these I have found is in the work by Leon Chaitow N.D., D.O., he describes the mechanisms of how they work.

The Chapman reflexes stimulate lymph flow via the visceromotor response (sympathetic nervous system) and by the skeletal motor response. Skeletal muscle acts like a pump to stimulate lymph flow along the lymphatic vessels. This is important as lymphatic vessels have a series of one way valves along them, and the only way lymph can flow is by the pumping action of the skeletal muscles.

The Bennett reflexes actually stimulate arterial dilation in certain parts of the body. This increases the blood flow and therefore the function

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Rod Briggs is a sought-after international lecturer and consultant whose area of expertise lies in the mind sciences. He lectures on Stress Control, Trauma, Emotional Aptitude, Problem Solving, Interpersonal Relationships, Crisis Management, Personal Performance, Situation Awareness and Psycho-Neuro Immunology (to mention a few) to government departments, military and peace keeping forces, members of the medical fraternity, health departments, corporate and private groups from all over the world. In addition to this, Rod works as a highly respected mediator and consultant to corporations, families and private groups. When he speaks, hearts open, minds

become inspired and people become motivated. His teachings are gentle, fun and informative with entertaining stories, transformational wisdom and insights.

He was born in the UK with only one working lung, which left him a virtual cripple and unable to participate in the compulsory two hours per day sports sessions at the English Grammar School at which he was educated. He was, instead, relegated to the schools' eight hundred-year-old library, which he saw as an opportunity to study the mind sciences in his search for ways of overcoming his physical inadequacy. These studies included many and various philosophies and mental disciplines, which enabled him to triumph over his disability. He relocated to South Africa at thirteen and, using Martial Arts to strengthen his underdeveloped body, he obtained black belts in Judo, Karate, and Jiu-Jitsu. This led to a study of the philosophies behind the fighting arts and added further to his knowledge of the mind.

His tertiary studies included, amongst others, Science and Theology as well as Psychology at the University of the Witwatersrand and the University of South Africa.

He is a frequent guest on local and international talk shows and when not traveling presenting seminars, talks and lectures, he resides on the Dolphin Coast of Natal.

FEAR OF CHANGE & SELF SABOTAGE

The current situation sees many people fearful of the future, behind every news report there is an agenda. This has led the media to become a "weapon of mass distraction" taking society towards a gloomy future. In actual fact, we have never been better off! Our society has more information, better educational prospects and a higher standard of living than any time in the history of our species; we should be in a Golden age.

What stops us is not what is going on externally, it has little to do with politics, our bankers and everything to do with the way we view ourselves - with our very thinking process. We sabotage ourselves at every turn with our self-images holding us back in all walks of life. The talk will explain how our beliefs restrict us, where those limiting beliefs come from, how to change them as well as where our fears originate from and how they become repetitive in our lives. It is educational, funny and empowering. Over the last two decades Rod Briggs and his Mindlink Foundation have taught peak achievers in business, world champions and Olympians from four different continents how to access their true potential and through this, to change their lives.

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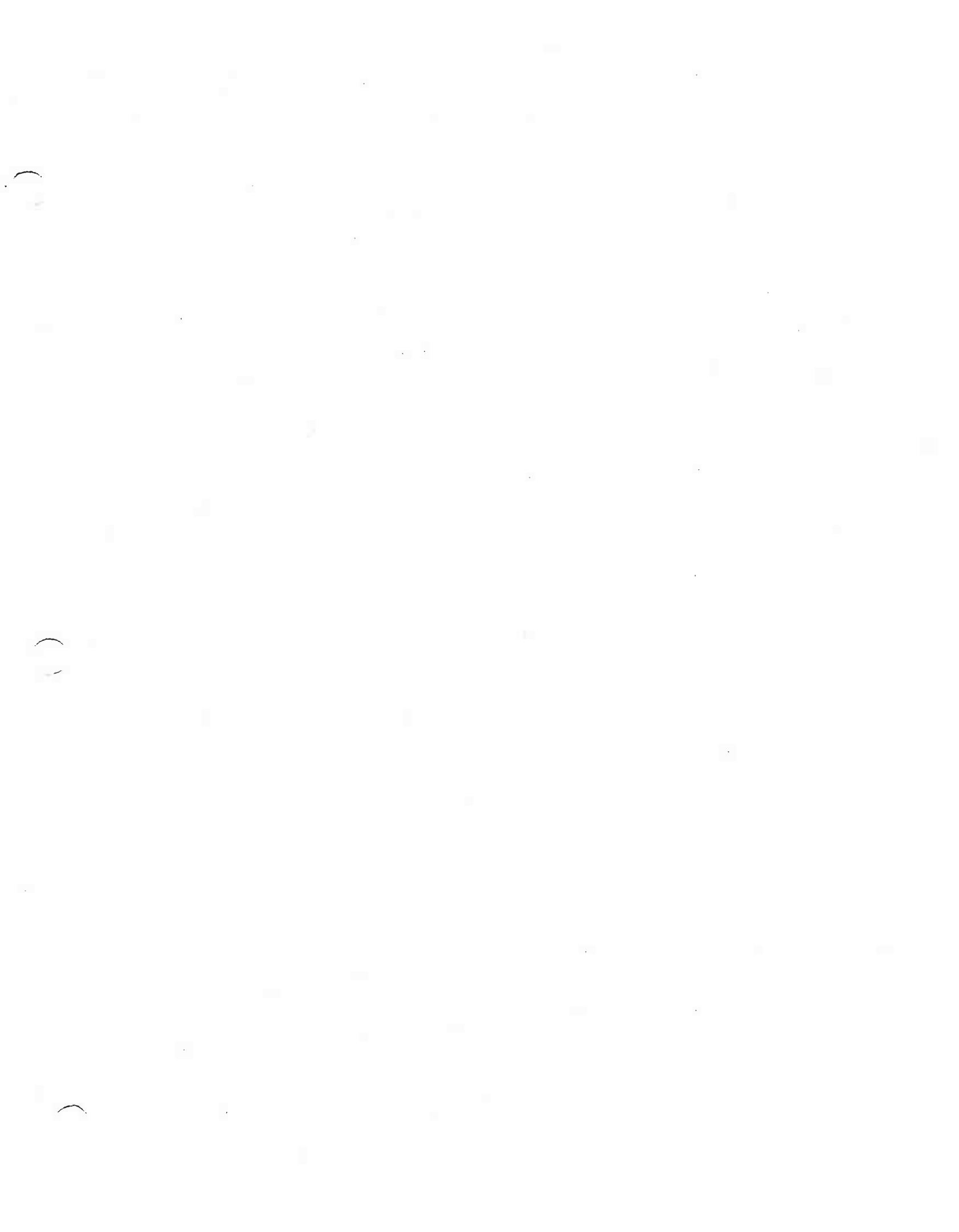
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Debra Green Author of *Endless Energy: The Essential Guide to Energy Health*, Debra has dedicated her life to studying and mastering energy work as a teacher, researcher, and practitioner. She started her energy health practice in 1993 and is the founder and developer of Inner Clarity (IC), an integrative balancing method that uses energy kinesiology to pinpoint hidden core beliefs and a variety of energy based techniques to facilitate conscious transformation. A graduate of Ohio State University with a rigorous and rare dual Ph.D. in Communication and Somatic Studies, Debra is an energy adept, professionally trained facilitator, instructor and writer. This unique combination positions her as a bridge-builder who takes complex information about the unseen world and translates it into understandable forms.

Debra taught trainings and workshops at Esalen Institute from 2001-2006. She has also been a frequently invited teacher-in-residence who worked with the Esalen staff and the Esalen Directors Team. She taught full-time in the Graduate School for Holistic Studies at John F. Kennedy University where she developed a Master's degree program in Holistic Health Education. She taught courses such as Principles of Holistic Health, Paradigms of Consciousness, the Psychology and Physiology of Stress, and Social Transformation. She worked with author Fred Luskin, Ph.D., as a founding member of the Academic Consortium for the Advancement of Holistic Health. As an energy kinesiologist, Debra trained directly with then President of the International Kinesiology College (IKC), Grethe Fremming, and IKC faculty Rolf Havsboel, completing their eight level training program in record time. She went on to become the youngest Transformational Kinesiology (TK) Educator in the U.S. She has co-taught with Fremming and Havsboel and is also certified in their Inner Leadership.

Energy: Our Common Denominator

Abstract:

Kinesiologies around the world are united by a common thread: Energy. As professional kinesiologists we are trained to work directly with a vast array of subtle energies, to balance the energies, and facilitate powerful improvements on a variety of levels. This presentation ties together diverse approaches and explores important aspects of the human energy constitution: energy anatomy and physiology, the enteric interface, and role of consciousness in kinesiology.

The “Unaccounted For” Energy

According to conventional Western medicine, the energy necessary to fire a muscle derives from a biochemical interaction between ATP (adenosine triphosphate) and the cell's mitochondria. In fact, ATP is frequently referred to as the “energy currency” of the cell. Yet, in the late 1950s, when Nobel Prize winning biophysicist A.V. Hill began extensive research, he discovered that something was missing. The ATP/mitochondria interaction could only account for approximately 60% of the energy necessary to fire a muscle. He referred to this as the “unaccounted for” energy and called upon his colleagues to help solve the mystery.

The missing energy can be explained by acknowledging subtle energy and its importance in human functioning. In 1995 the National Institutes of Health (NIH) formally recognized the existence of the biofield, a nonphysical (nonhertzian) energy that surrounds and permeates the human body. Understanding of the biofield is advanced when healing approaches from a variety of countries are taken into account. For example, in China the energy is called *chi*, and Traditional Chinese Medicine (TCM) utilizes this energy in its acupuncture system. In India, the energy is referred to as *prana*, which plays a major role in Ayurvedic medicine. In Hawaii, the energy is known as *mana*, and is utilized by the Kahuna healers. The list goes on. In fact, the majority of healing systems around the world are energy-based systems.

Despite the prevalence of energy in various health approaches, the energy aspect is missing from allopathic medicine. My assumption is that it's absent because Western medicine was developed largely through the study of cadavers. In other words, dead bodies. When a body is dead, it no longer has its energy supply intact. The difference between a living body and a dead body is energy.

My presentation focuses on the major energy aspects of the human constitution. These are: the vital, emotional, mental, and universal energies. If we could see energy, we would notice that each of these aspects occupies a distinct frequency band and has a particular shape and size. Thus, they are called energy *bodies*. The energy bodies comprise an energy continuum with the dense physical body being the slowest and lowest frequency on one end of the spectrum, and the universal body the fastest/highest frequency on the other end. It's important to note that the human constitution represents an energy/information continuum, as energy is not discreet but is always intimately coupled with information. As a reminder of this, I like to refer to it as *energy* (energy + information).

The Vital Body

Toward the lower end of the energy/information continuum is the vital body. This body permeates the dense physical body and extends beyond it for several inches. It is woven into the physical body through the chakra system and meridian channels that, together, comprise a vast and complex energy distribution system. In all living people, the vital body and the physical body must be understood as a seamless whole. Despite that, for the purposes of understanding, I will be discussing them individually they are two sides of the same coin.

The vital body has three special properties that have significant implications for kinesiologists: the Interface Effect, the Blueprint Effect, and the Top-Down Approach. First let's look at the Interface Effect. The vital body is an interface between the dense physical body and the other bodies. This means it serves as a gateway to the other four bodies (physical, emotional, mental, and universal). As kinesiologists, we are quite familiar with this. Through muscle testing, we are able to readily access these other levels. The Interface Effect explains how this works. By tapping into the vital body (which provides the energy impulse to fire a muscle) we are able to access the other bodies because the vital body interfaces with each of them.

The vital body also acts as the true blueprint for the dense physical body. For every physical body part, we have an identical vital body part. The vital body is an exact replica of the physical and it pre-exists the physical. The vital body is primary. It is closer to the causal level, whereas the physical body is at the level of effect. Thus, we can be pro-active in our approach and catch subtle imbalances in the vital body before they manifest on the physical level. Conversely, if someone is already manifesting a physical symptom, we can make changes in the energies of the vital body that catalyze the physical body to heal. The Blueprint Effect helps explain why kinesiology methods are so effective.

As mentioned, the energy bodies exist on a continuum ranging from extreme-low to ultra-high frequency (physical-vital-emotional-mental-universal). The higher the frequency is, the closer to the causal level and the greater the impact (think of the tone that can shatter a glass). This means the real impetus for physical ailments lies in the other energy bodies; the physical body is the stage where energy imbalances display themselves.

Thus, if we want to enact change in the most effective manner, we need to go a step higher on the frequency continuum (i.e., to enact changes on the vital/physical level go to the emotional body; for the emotional level go to the mental body; for changes in the mental go to the universal).

The Role of Consciousness

Just as the substance of the vital body is vitality, the emotional body is feelings, and the mental body is thoughts, the substance of the universal body is consciousness. It is the great mediator. Consciousness is the "glue" that holds together our energy bodies and their corresponding channels of experience. Consciousness itself is a continuum, ranging from the individual to the universal. It is an extreme high-powered energy in and of itself that has unique properties and powerful healing capacities. Consciousness is mobile, limitless, punitive, and infinite. *Energy can neither be created nor destroyed.* From the perspective of subtle energies, the implicit goal of any kinesiological session would involve the expansion of consciousness.



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Julianne Bien-For over a decade, Julianne Bien, has been a leader in advancing the understanding and practice of color light teachings as a holistic enhancement to lifestyle and wellness. Her company, Spectrahue Light & Sound Inc, is the developer of the Lumalight Color Harmonics system, equipment and educational DVDs. Her book, *Golden Light: A Journey into Advanced Colorworks*,

Principles of color light therapy

Color light therapy is also known as chromatherapy, spectrachrome, light therapy and *color harmonics*. In its purest form *color is energy* and is carried in light and is constantly in motion. A denser form of this energy, for example, would be colors seen in the clothes we wear, the food we eat and how we see the coloration of objects and nature based on our perception of visible surroundings. Everything in Nature and all life on Earth is influenced and 'colored' by this visible rainbow spectrum. There are seven primary colors carried in light that are further distilled into shades, combinations and patterns explored in *color harmonics*. The warming colors - red, orange and yellow and the cooling colors are sky blue, indigo and violet. Green is the great equalizer for the magnetic-warming and electric-cooling colors. We are surrounded by light and interact with it in our lives as our visible spectrum, delivered to us from the Sun, radiates and influences our every move *through our energy field* supporting life and creating harmony and a natural state of balance.

Spectrahue Color Harmonics

Color harmonics is an energy-based modality created for the Lumalight. It is an advanced methodology of color therapy and encompasses a dynamic and revolutionary approach to restore and maintain a correct balance of vital energy in the energy field. Color harmonics is a gentle and noninvasive modality that can illuminate multidimensional aspects on various levels. We've developed a unique holistic approach for beauty and well-being based on a myriad of disciplines of science and philosophy combining quantum holographic and geometric concepts, color therapy, acupuncture, meridian therapy and your own intuitive abilities.

Color Harmonics benefits

The Lumalight SE is a revolutionary system for your experimentation in, and exploration within the world of color and geometry. It offers you an opportunity to tap into your own intuitive abilities. Read more in Julianne Bien's groundbreaking book on light - *Golden Light: A Journey with Advanced Colorworks*

Color Harmonics is for everyone

For over a decade, this system continues to expand and evolve benefiting wellness professionals, kinesiologists, acupuncturists, holistic estheticians and nurses, body

workers, quantum healers, dowsers, shamans, holistic pet care and biofeedback practitioners, spiritual seekers and those interested in home applications - world-wide.

Color Harmonics and holistic pet care

You can modify all protocols in our training series for warm-blooded furry and feathered pets. Use your imagination, and change the tonation time (shining of light) on the recipient. In *Golden Light: A Journey with Advanced Colorworks* Chapter Twelve addresses treating warm-blooded animals with light as they also have a meridian system that can be positively influenced by color energy.

Lumalight SE penlight

Lumalight SE is an ergonomically designed color penlight set used in *color harmonics* which can be experienced on its own or as an enhancement to other modalities. Developed for holistic mind and the spiritually adventurous. Lumalight SE is a handheld illuminator and accommodates geometric amplifiers for advanced techniques. It is precision-tooled, battery-operated, portable and assembled with the finest color lenses for product integrity. It utilizes a 2.2-4 v light source and is not a laser.

Lumalight 2100 Full Coverage Illuminator

Developed for full body/room color light coverage for a myriad of applications in esthetics, bodywork and meditation/group practices.

Color Harmonics ingredients

There are four main ingredients necessary to live on Earth: air, food, water and light. Color harmonics applications supports energy healing in many different ways. Color enthusiasts around the world are using the Lumalight on a daily or weekly basis because it is noninvasive, gentle, safe and simulates qualities of our Sun. Without this source of energy, all life as we know it would cease to exist. Mal-illumination to this *energy field* is likened to malnutrition in the physical body.

Color Harmonics side effects

There are no side effects or adverse reactions in the conventional sense of the term, as in potential harmful physical or emotional effects from drugs. You might very well bring issues to the surface and develop a superior understanding of a buried concern in a manner that makes you feel ill at ease. As with any energy healing system, what you may believe is a healing crisis is really an awakening. Feel blessed that you've open the floodgates of self-discovery and self-healing. Color light will only illuminate issues that have been buried if the recipient is open to dealing with them at a conscious or subconscious level. Nothing can override free-will.

Lumalight SE vs lasers

The Lumalight SE penlight utilizes a low voltage incandescent bulb and emits polarized light. The Lumalight emits, incoherent polychromatic light (a wide bandwidth of color that permeates many levels of the energy field) unlike a laser system which is limited to

a very narrow bandwidth and transfers intense energy. A laser is more assertive (coherent beam light) and can be effective when addressing specific concerns. The two methods have different philosophies and each has its place.

Lumalight SE 's color lenses vs LED's color quality

The Sun emits 50% visible light which is our color spectrum. Lumalight lenses are polychromatic designed to offer a wide range within this *visible color scale* empowering your intuitive abilities to select specific frequencies, rather than limit you to a single isolated frequency of red, for example. There are millions of color frequencies in our light spectrum, therefore we provide a wide bandwidth within each color filter. LED penlights and light sources (light emitting diodes) are monochromatic, meaning single frequency emitters, and its colors are created through chemical interactions.

Color Therapy for Rejuvenation and Beauty

This Sessions will inspire you to embrace color harmonics therapies for wellness and beauty personally and in your wellness center. Julianne will share the science and theory and demonstrate color light applications for mind/body treatments through reflex zones on the face, hands and body and reveal its revitalization and rejuvenation processes based on Chinese medicine and physiognomy. In bridging the science of color and its known benefits, you will broaden your awareness of this natural anti-aging modality and learn its importance to enhance inner and outer beauty.



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Dee Martin

After taking over a fitness center, I decided I really should know more about the body. In 1985 I started massage school in Columbus, Ohio though never intended on doing massage for a living. I hired massage therapist and filled in as needed and it was the beginning of a love affair.

In the beginning I felt if everyone received a relaxation massage the body would simply mend itself. Hmm, not always. I learned deep therapy work. The deeper work seemed to work in trauma cases but not always. I studied nutrition...again helpful but something was still missing.

In 1992 I was a facilitator at a holistic retreat in Gulf Shores, Alabama. There were 40 different facilitators ...everything from chiropractors, massage therapist, acupuncturists, nutritionist, crystal energy workers and so on.

Being born nosy I asked everyone what they benefited from the most. Without exception it was the work of John McMullen yet it was difficult for them to describe what he did. I thought, "I'll have him work on me. If it works for me I'll study whatever it is."

Obviously it worked. I have been passionate about kinesiology ever since.

Each person I work with and every student I teach provides the opportunity to learn something new. After returning from teaching all four levels of Touch For Health© Kinesiology in Mississippi, it occurred to me I could **disprove the myth that there was any value to essential oils.**

My friend, Lynn Cox, came for a visit and agreed to help me disprove the essential oils idea. I plotted all the over and under energies and assessed the fire element to be the correction point. While she held the bottle of the fire essence, I rechecked the involved meridians. It seemed impossible...everything had balanced!

Being skeptical I had each of the therapists I worked with come in for a balance. To my amazement it worked with all of them.

The Ritz-Carlton in Sarasota, Florida invited me to balance their therapists. This time it worked for all of the therapists but one. All of the meridians balanced except the Gallbladder. The therapists started shouting, "tell her, tell her". It seemed two weeks before she had been taken to the emergency room for abdominal pain and told she had gallbladder problems. She had dismissed the idea because she was only 22 years old, vegan and a personal trainer who was very fit. Further testing showed an emotional imbalance that required further balancing.

Working at an upscale resort spa provided many opportunities to test the value of the five element oils. One evening a massage guest had asked not to use the booster under her ankles as it hurt her back. As I examined her back I noticed a pronounced thoracic deviation. Her right side was over an inch higher than her left and the lumbar was hypotonic on both sides. Remembering what Dr. Goodheart said about balancing the over energy, I quickly muscled checked to find which meridian to balance. Her body indicated the wood element. Within seconds the thoracic deviation had balanced and as I massaged the lumbar the tonus had returned. I put the booster back under her ankles and the previous discomfort was gone. I thought I was imagining all this and asked her how she felt. She replied that she thought she was imagining such quick results. On her way out she purchased some of the oils.

As the students were gathering for a Touch For Health Level I workshop in Ft. Lauderdale I noticed a student who seemed to be falling asleep every 10 seconds and jerking back awake. I asked her if she had narcolepsy. She said yes to the point she was unable to work as a nurse practitioner and was on disability. I muscled checked to see if there was something that could help her. After going through a series of questions her body indicated the wood essential oil. I gave her a bottle. Immediately she seemed to be able to stay awake.

The next day as the students were doing their 14 muscle balances I noticed she seemed to be falling asleep again. When I asked what happened she said she had set the bottle down during her balance.

These are only a few examples of the affects of the five element essential oils used in conjunction with kinesiology. I use them during most massage sessions. For a hot stone I place a drop of each of the five element essential oils around the umbilicus in the five element pattern. For a relaxation massage I muscle check to find which element to balance to and apply that specific essential oil to the back. During a therapeutic session of any kind I balance the body with the appropriate oil for them. For international travelers or insomnia cases I like to use the essential oil element for the time of day.

Understanding exactly how the essential oils work is not completely known. Hans Jenny, a Swiss physician and research scientist wrote the book entitled *Cymatics*. He and a fellow researcher and physician, Dr Peter Manning of England, have determined that each organ of the body makes sound at specific frequencies. These frequencies are inaudible to an unassisted ear, since the amplitudes are too small, but there are measurable sonic vibrations associated with each part of our bodies. When an organ malfunctions it no longer emits its healthy frequencies. They found by aiming specific, audible, high intensity frequencies of sound at those organs they would be restored back to health.

On a higher much more subtle level of energy that is what essential oils do-by resonance at various levels, with organ and cells. Resonance occurs when two things

vibrate in unison at the same frequency or frequencies. An example would be placing a tuning fork on one side of a room tuned to b-flat then placing several other tuning forks around the room with only one of them tuned to b-flat. If you strike the b-flat tuning fork across the room none of the forks on the opposite side will be energized, except, for the one tuned to b-flat. It will simply start vibrating in tune with the other b-flat fork.

Pure therapeutic grade essential oils resonate with coherent frequencies that are naturally tuned to pitches that mean health to our bodies. Pharmaceuticals and synthetic oils do not.

To truly be therapeutic grade oil:

Plants are:

1. of a botanical species certified and conforming to standards of AFNOR (Association French Normalization Organization Regulation), EC (European Community) and ISO (International Standardization Organization) in Switzerland.
2. of a chemical profile defined by capillary gas chromatography
3. ecologically grown (without chemical fertilizers, pesticides or herbicides) or wild.

The Distillation:

1. is slow and prolonged by steam distillation, without chemical solvents and under low atmospheric pressures (between .75 and 1.5 psi.
2. performed in vessels constructed of relatively inert material (food-grade stainless steel or glass).

Bottling:

1. as comes from the still, with nothing added or removed.
2. the container and its lid or seal non-reactive, air tight, and a shield from light, such as bottles of brown, amber or blue glass.

So far there are no standards for therapeutic-grade essential oils set by any government agency in North America.

Be aware of essential oils that do meet the standards of therapeutic grade. Cheaper is definitely not better. There is a vitality and a life force in the compounds produced by living processes that are absent from those produced in a dead environment like a lab or pharmaceutical plant. This is crucially important when it comes to essential oils that are intended to be used for healing.

The Bio-Energy Five Element Oils are specific blends of therapeutic grade essential oils that mirror the frequencies of their associated element. Increasing the energy flow to the under energy element and restoring balance to the meridian cycle to maintain a spectrum of harmonic vibration.

“The state of our health is spiritually/vibrationally induced, chemically/ electrically driven, and biologically carried out.”

The Bio-Energy Oils Five Element Balance courses are approved for continuing education credits for Florida Nurses, Massage Therapist, Occupational Therapist and Acupuncturists'

Reference:

The Chemistry of Essential Oils by David Stewart PhD, D.N.M.

Reference Guide for Essential Oils by Connie & Alan Higley

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Norma Harnack, a leader in the holistic health care field, sees herself as a nurse who practices **Integrative Wellness** striving to bridge the gap between conventional and traditional medicine. As an advocate for health, she believes you don't have to settle for living with pain or low levels of health and energy. With her extensive background in nursing and alternative and complementary therapies, she helps people sort through the diverse and sometimes confusing array of health and wellness opportunities to discover the best methods of regaining, attaining, and maintaining their own unique level of wellness

Norma is currently authorized by the **International Kinesiology College** (Zurich, Switzerland) to certify Touch For Health instructors in the USA. She has designed and conducted research in complementary health including a study on **Meridian Massage Technique** at the Jewish Center For the Aged (St. Louis, MO) that was funded by the United Way Foundation. In 2002 she was selected to participate in the **Institute for Johns Hopkins Nursing, Leadership Academy for End of Life Care**. A popular guest lecturer, she has lectured at various colleges and universities and on local radio and television. She has served on various committees to explore alternative health options and presented workshops to physicians and nurses in the U.S., Europe and Russia on topics ranging from kinesiology to acupuncture.

A member of the American Holistic Nurses Association, the American Nurses Association, the National Association of Nurse Massage Therapists, the International Massage School Association and a life-time member of the Touch for Health Association, she is devoted to the spread of Health.

USING TOUCH FOR HEALTH and SIMPLE MUSCLE TESTING TO MONITOR THE ENERGY PRODUCTION OF MITOCHONDRIA

Abstract: This article aims to provide adequate hypothesis to encourage the rigorous study of the effect and efficacy of using **Touch for Health** muscle balancing to affect and improve the health of people suffering from various diseases where the biochemistry of the illness lies in the dysfunction of mitochondria in producing ATP (adenosine triphosphate), the energy currency for all body functions, and recycling ADP (adenosine diphosphate) to replenish the ATP supply as needed.

There is also considerable evidence that dysfunctional mitochondria are present in multiple diseases where the energy in our **muscles** is affected. The **Mitochondria** are vital to life and have a profound impact on our **energy** and our health. Implications are for the regular use of the **14 muscle TFH balancing** for sustaining and improving mitochondrial energy response and to help prevent diseases such as diabetes, cardiovascular disease, cancer, Alzheimer's disease and Parkinson's, all diseases involving the mitochondria. and drugs.

Current studies focus on relieving the symptoms with remedial actions such as dietary supplements, medically guided detoxification. The expense of purchasing prescription analgesics (which include narcotic analgesics, non-steroidal anti-inflammatory drugs, Cox-2 inhibitors, among others) to treat aches and pains, symptoms associated with mitochondrial dysfunction, increased from \$4.2 billion in 1996 to \$13.2 billion in 2006 according to the Agency for Healthcare Research and Quality. AHRQ also reported that from 1996 to 2006 the average annual expenditure jumped from \$83 to \$232 for people who purchased one or more prescription analgesics; the average expenditure for each analgesic rose from \$26 to \$57 while the total number of prescription purchases increased from about 164 million to 231 million. These remedies may or may not relieve pain associated with the various diseases or the symptoms. While some people may benefit from current conventional medical intervention what is missing is low cost, minimally invasive effective treatment to relieve pain and alleviate symptoms. While the **14 muscle balance** from TFH lacks documented empirical support the potential for beneficial and measurable outcomes is indicated and cost effective. This is a great opportunity to put TFH in the forefront of preventive medicine while providing a soothing affect on health care cost.

Key words: energy, mitochondria, muscles, balance, 14 muscle TFH balancing

The Mitochondria and Touch For Health

Behind every move you make are millions of organelles known as **mitochondria**. The mitochondria are the power plants of our cells," according to Simon Melov, Director of the Genomics Core at the Buck Institute for Age Research in Novato, California. "They convert food into **energy**, which the body uses to live." While most cells in the human body contain somewhere between 500 to 2,000 mito-chondria, the mitochondria in muscle cells account for as much as 60 percent of the volume of the cell!

Mitochondria are responsible for almost every essential process in cells. You can trace almost any condition that has to do with **energy balance** in part, to problems with the **mito-chondria**.

Mitochondria are unusual among the structures within cells because they have their own genes and DNA. (All other DNA is found in-side the cell's nucleus.) The mitochondria are the place within the cell where the nutrients - carbohydrate, fat, and protein, are turned into the energy of the body. Those tiny energy generators are located in all of our cells that use nutrients (the food we eat) for fuel. The mitochondrial DNA is most susceptible to the stress of everyday living. Possibly because the mito-chondria is expected to work all the time - 24/7 - producing around-the-clock energy for the cell to function all day and all night; and, because the same process that generates energy also generates "free radicals" that can cause energy imbalance. Free radicals are molecules that over time damage the mitochondria's DNA and membranes. Some scientists speculate that the damage to the mitochondria may ultimately be the cause of aging. As we age, the mitochondria appear to mutate and eventually slow down the work of mitochondria in all our tissues.

Dysfunctional mitochondria can also lead to disease. "It's possible that weakened mitochondria leave people more susceptible to Parkinson's disease or accelerates the progression of Alzheimer's disease," notes Mark Mattson, chief of the Cellular and Molecular Neurosciences Section of the National Institute on Aging.

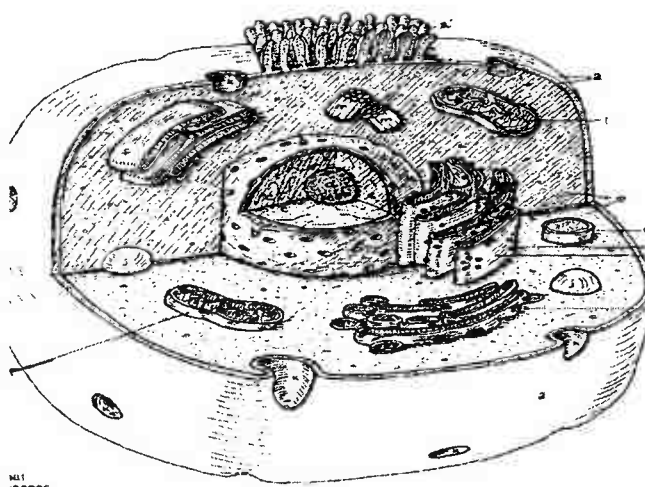
Protecting and monitoring mitochondria with muscle testing.

Structural details and the number of mitochondria per cell are dictated by the typical energy requirements of the cell. Cardiac and skeletal muscle cells, liver and brain cells contain the highest numbers of mitochondria. The muscle ends tend to have the most mitochondria with the quadriceps being the leader of the skeletal muscle. Athletic trainers, athletes and people involved with exercise physiology are aware that when worked hard, energy starved cells can create more mitochondria. The mitochondria of trained athletes become more efficient because the athlete is focusing on the development of muscles by isolating muscles, exercising the particular muscles to create more mitochondria. With more mitochondria the muscles can maintain a high level of function without creating extra demands on the heart and lungs. Even the US Military are looking for ways to improve the functioning of the mitochondria especially for the foot soldiers.

Focused endurance exercise is associated with the growth of mitochondrial enzymes. The increase in mitochondrial density is associated with an increase in the length of time a muscle can perform. A large body of research suggests that the enhancement of mitochondrial density in skeletal muscle is a key component in the development of muscle performance in athletes. In a sense, building more mitochondria allows an athlete to function closer to their potential.

How does one ramp up mitochondrial density? First, let's take a quick look at what tells mitochondria to up-regulate. Research suggests that simply an increase in the concentration of calcium within the cells of skeletal muscle, something which happens any time a muscle is contracted, is capable of inducing mitochondrial protein synthesis.

Changing your muscle make-up involves both a chemical and physical process. Muscles are made of very thin, stretchy fibers called myofibrils. They are so thin that a square centimeter of myofibril can contain up to 1 million fibers. Within those fibers are nerve cells that relay to the muscles when they should contract or expand.



Mitochondria, cells that live in your muscle fibers, convert stored energy into useable energy. The more you flex your muscles, the more the mitochondria are activated and expend energy. Your muscle fibers use the mitochondria to increase in size and durability. In other words, the more you use your muscles, the stronger they will get.

What can TFH offer?

In TFH, we attempt to focus on a muscle by isolating and contracting the muscle. Using very simple muscle tests, we assess its ability to function. The ability of the isolated muscle to hold the limb in a specific position for a very brief amount of time is observed by both the tester, person applying the test and the testee, person being tested. The person being tested describes whether the limb and the "isolated" muscle are functioning by deciding if the muscle is weak, strong, could be better or if the effort of the muscle is the same on both sides. Any answer that is different from strong and the same on both sides, invites the application of a technique to stimulate the energy of the mitochondria of that muscle. What we're actually trying to determine is whether the energy that is being generated in the mitochondria of the muscle is sufficient. In other words we are saying "How are your mitochondria?"

When a weak muscle response is encountered we utilize one of various techniques from TFH to improve the muscle and the mitochondrial response of the muscle. The focus of the evaluation and any action taken is to stimulate the body to create its own energy. After applying a technique we re-test the muscle and re-evaluate the response. We repeat the re-test and re-evaluation until the muscle responds favorably or until all techniques for improving the muscle response are exhausted. TFH does not attempt to identify or treat any specific disease. Rather, it focuses on identifying the **energy** level of specific core muscles and whether that energy is sufficient or insufficient indicating whether the mitochondria are energy efficient. While the **14 muscle balance** from TFH lacks documented empirical support, the potential for beneficial and measurable outcomes is indicated in order to observe improvement in overall quality of life, global health, strength, sleep, self-esteem, depression, anxiety and tiredness.

Other ways to improve energy balance

Research shows that aerobic exercise can increase the number of mitochondria and **energy** in your muscle cells by 40 to 60 percent in a matter of weeks. Research-ers have known that-from studies in animals and hu-mans-for more than 30 years. To get the full benefit, you need to run, cycle, swim, walk briskly, or do other ex-ercises at maximum capacity for at least 15 to 20 minutes a day, three to four times a week. Within weeks you'll experience less exertion and more en-durance because mito-chondria are efficiently burning more fat, rather than carbohydrate, for **energy**. You can check your results using TFH. If you used TFH everyday along with your exercise regime the expected result would be that your ability to sustain **energy** would increase and fatigue would decrease.

There are specific supplements that can also affect the mitochondria. Quercetin boosts mitochondria, much like exercise does. The Department of Defense is looking at its capacity to increase the mitochondria. Using **the 14 muscle balance** from TFH would be less expensive. In 2006, Elizabeth Menshikova and her colleagues at the University of Pittsburgh School of Medicine published a study observing eight overweight and sedentary men and women in their late 60s walking outdoors or using tread-mills or stationary bicycles four to six days a week for 30 to 40 minutes each time. After 12 weeks, the mitochondria in their quadriceps increased by about 50 percent. Maintenance did require exercising at least two or three times a week to maintain the new level of mitochondria.

In a 2007 study, the genes in the quadriceps muscles of 14 healthy older men and women (average age: 70) were noted to be much less active than the genes in the quadriceps of 16 younger adults (average age: 26). After twice weekly strength-training sessions for six months, there was a remarkable reversal of the older people's genetic profile to more-youthful levels reported by the Buck Institute's Simon Melov. In other words, their quadriceps genes-many of which contain the instructions for making mitochondria-had become more active. Focusing on the quadriceps as a target muscle group for physical exercise yielded "younger" muscles. Using **the 14 muscle balance** from TFH to isolate the function of the quadriceps and monitor the progress of exercise efforts can help to further enhance fine tuning energy. Mitochondria may also help explain why people who exercise regularly have lower risk of type 2 diabetes and insulin resistance. When people are insulin resistant, their insulin can't efficiently move blood sugar into cells.

Excess fat can block the transport of blood sugar into cells. The most common cause of fat buildup is consuming more calories than we burn. People who are insulin resistant often have too much fat stored in the muscle and liver. Older mitochondria are less able to get rid of the fat. As we age mitochondria slow down and the rate of oxidation of fat and production of energy also slows down. Physical activity and consistent use of TFH may help slow or even halt, those changes. In Menshikova's exercise study on people in their 60s, insulin resistance declined as their mitochondria increased, even though they didn't lose weight or body fat. Suppose diabetes could be prevented by boosting mitochondria!

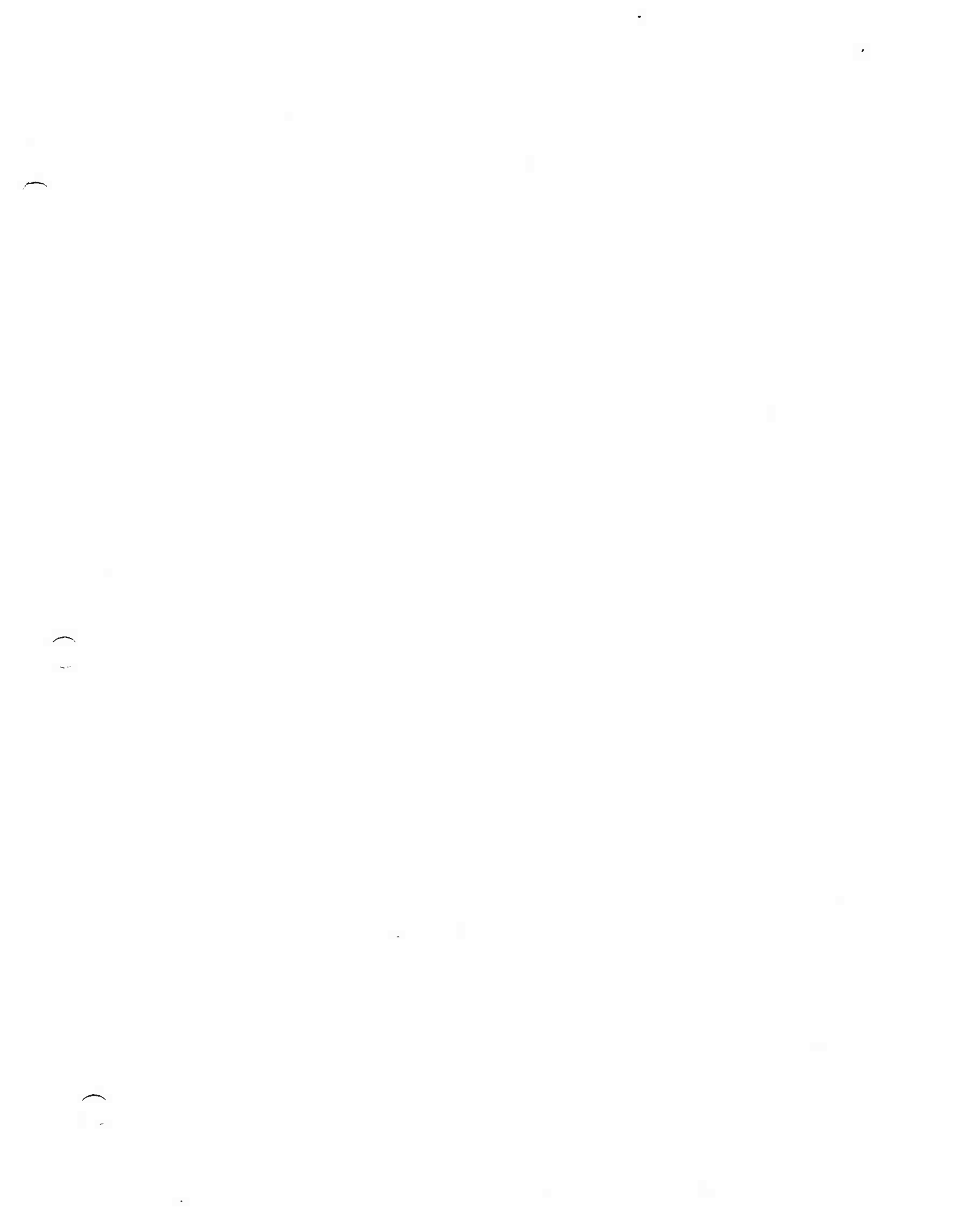
Regular use of the 14 muscle TFH balancing

Regular use of the 14 muscle TFH balancing with moderate aerobic exercise (such as walking) is one way to boost mitochondria. This may also help lower the risk of diseases that affect the mitochondria, such as diabetes. TFH balancing plus strength training may also boost mitochondria in older, less-active people. Having more mitochondria in your muscles means you have more energy.

Implications for regular use of the 14 muscle TFH balancing

The implications for improving mitochondrial response using TFH is huge. The elegance of using simple, cost effective interventions like TFH that can be applied to people in their homes, paired with moderate exercise. TFH can also help prevent diseases such as diabetes, cardiovascular disease, cancer, Alzheimer's disease, and Parkinson's since these are all diseases involving the mito-chondria. TFH can have a soothing affect on the people afflicted with diseases involving the mito-chondria as well as having a similar affect on lowering health care cost. This is a great opportunity to explore the possibilities for TFH as the vanguard of preventive medicine.

NOTES





Matthew Thie, M.Ed.

TFHKA Instructor since 1980, TFH KA Instructor Trainer 2003, IKC Executive Board 2006, TFHKA President, 2009.

As a son of Dr. John & Carrie Thie, Matthew grew up with Touch for Health Kinesiology (TFHKA) and Effective Communication skills as part of his everyday family system. Matthew presents TFHKA as a learning process that anyone can be trained to use for their on going, day-to-day optimization of life experience.

His emphasis is on immediately putting the simple techniques into personal practice, and making the concepts and techniques personally meaningful.

Matthew Co-authored the TFH: **Complete Edition** and **TFH Metaphors**, and has taught the TFH Metaphor Workshop to over 1000 students, and trained more than 100 Meta-instructors around the world, and has had the opportunity to observe the ongoing growth and Development of TFH and Energy Kinesiology worldwide.

Touch for Health and Energy Kinesiology Around the World:

2009 Report on Worldwide Development and Growth

In the late 1960's, Dr. George Goodheart began sharing his Applied Kinesiology techniques, through his Goodheart Study Group Leaders (or the "Dirty Dozen" as they were affectionately nicknamed). In the early 1970's, Dr. John Thie made Energy Kinesiology techniques available to lay people and non-physician health practitioners through his Touch for Health manual and training programs. Since then, this powerful and empowering work has spread throughout the world, and diversified into a variety of modalities, training programs, and clinical approaches. In some countries there is now government recognition and insurance coverage of these techniques. With the most recent publication of a translation of Touch for Health in Mainland China, the adoption of the energy model in the West has come full circle, with kinesiology instructors and practitioners now being trained in the East.



Carrie Thie, MFCC

For over 40 years Carrie Thie has been a friend and mentor to Applied Kinesiology, Touch for Health and Energy Kinesiology. Though rarely stepping into the limelight, Carrie feels that she has an important message to share with you today.

The World Needs us NOW

Now is an important moment to be of service in our communities in this time of great need. We must Recruit, Reinvigorate, Refer to Resources, and Effective Communication Skills.

I think that really, the most effective way to spread this work is to do the work of being an authentic friend to the people who are apart of your life. It all grows from individual connection through our own authentic, genuine experience of life, and the benefits of this work. Gossip spreads from person to person quite effectively, and in perhaps a slower, but more profound way, we create true awareness one person at a time through our shared experiences of appreciating and developing our own lives. It's really a way of being, rather than a product.

NOTES





Dr Sheldon Deal DC is licensed both as a **Naturopathic and a Chiropractic Physician**. He graduated from the Los Angeles College of Chiropractic as Valedictorian of his class.

He has been in private practice in **Tucson, Arizona** for over thirty years, where he operates one of the largest natural healing clinics in the Southwest. He is head clinician of a staff of twenty people including six Chiropractic doctors.

When he first met **Dr George Goodheart** in 1970, **Dr Deal** became interested in **Kinesiology**, and was asked to be one of **Dr Goodheart's Study Group Leaders**. He was one of the original group of physicians who later became known as the "**dirty dozen**". It was this group that went on to form the nucleus of the **International College of Applied Kinesiology -(ICAK)**.

Dr Deal served as Chairman of the College from 1978 to 1983. Today he serves as President of the I.C.A.K. Board of Examiners.

He started teaching workshops on **Applied Kinesiology** in Phoenix, Arizona, along with **Dr John Stoutenburg**. Today he teaches **Advanced Kinesiology Workshops** throughout the **United States, Europe, Russia and Australia**.

He has always been a physical fitness buff, which passion once earned him the title of Mr. Arizona, and runner-up in Mr. Junior America. He and his wife Cindy have four children, three of whom he delivered himself at home. One son is a Chiropractor. He is the nutritional consultant for New Life Health Centers, and has contributed numerous research papers on Applied Kinesiology.

He has published a book on Kinesiology called "Advanced Kinesiology" which is available for purchase by all practitioners.

"How to Make Your Muscle Testing More Accurate."

I will be covering common oversights that throw off your muscle testing that gives you erratic answers and erroneous conclusions. I will be showing how to correct these pitfalls and thus making you a more competent kinesiologist.



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Jan Cole, M.Ed., a retired elementary teacher, taught 1968-98 in Northglenn, CO. She received her B.S. and M.A. from the University of Colorado; other credits from numerous universities.

She served on various curriculum/planning committees throughout her 30 year career. A representative to the teacher's association for her faculty for over 20 years, Jan was a member of the Executive Board, Public Relations Chairperson, state capitol liaison; elected to serve as a state delegate for 9 years and 6 years to the national teacher conventions. After enduring attacks by Far Right affiliated groups, she received the honored state *Lion Advocate Award for Standing Up for Teacher's Rights and Academic Freedom 1988* from the Colorado Education Association and received the *Central Adams Uniserv Teacher's Hall of Fame Award* in 1995.

Interest in wellness, nutrition and wholistic health began in 1974, becoming a certified Touch for Health instructor in 1977. She's had extensive training in various aspect of health and wellness, acupressure, diet and nutrition, *Therapeutic Touch*, relaxation and stress reduction techniques, *Neuro-Linguistic Programming*, *Body Electronics*, over 2000 hours as a Specialized Kinesiologist including: *Applied Kinesiology* training with Dr. George Goodheart, Dr. David Walther, Dr. Sheldon Deal, Dr. Alan Beardell, Dr. Donald Gay and Dr. Steve Kaufmann; *Blueprint Series One*: Dr. Andrew Verity; *Educational Kinesiology*: Dr. Paul and Gail Dennison; *Health Kinesiology*: Dr. Jimmy Scott, *Three in One Concepts*: Gordon Stokes and Daniel Whiteside; *Professional Kinesiology Practice (PKP) I—IV*: Joan and Dr. Bruce Dewe; *Agape Quest*: Richard Utt; *Biokinesiology*: John Barton; *Leap: Brain Integration I*: Dr. Charles Krebs; *The Primitive and Postural Reflexes-Reflexes underlying ADHD*: Brendan O'Hara; *NeuroLink*: Dr. Alan Phillips; *SIPPS*: Lynne McCaul; *EFT*: Susanne Peach; *Reset*: Phillip Rafferty; *eTouch for Health*: Earl and Gail Cook.

A past president and management team member of the Colorado Holistic Health Network, Ms. Cole also served seven years on the Touch for Health Kinesiology Association of America (TFHKA) Board of Directors: president 4, vice-president 2.

She has written numerous journal articles: "Reprogram Negative Personal Life Controllers" '89, "Making Money Your Friend" '93, "Enhanced Learning in the Classroom" '93, "Magnets, TFH and Healing" '94, "Repattern Indecision and Procrastination" '95, "What Does Your Inner Critic Say to Your Mirror Image?" '96, "Reconnect Your Head to Your Body" '99, "B's Before Balance" '00, "Calm, Confident Powerful Presentations" '00, "Creating Money Miracles" '01, "Keeping High Blood Pressure in Balance Naturally" '02, "Taking Aim at Managing Blood Sugar with TFH and Nutrition" '05 and "Neurovasculars: Listen with Your Fingertips" '08.
Two books: ***Repattern Our Sabotaging Ways*** and ***Making Money Your Friend***.

Jan teaches a variety of wellness classes including: *Brain Integration*; *Emotional Stress Release*; *Phobias: Cure Yours*; *Allergies: Cure Yours*; *Repattern Your Sabotaging Ways*; *Lowering High Blood Pressure Naturally*; *Tangelos, Tangos and*

Touch; Stress/Eustress: Who is Driving Your Bus?; Pain, Your Body's Messenger: Ways to Manage It Naturally; Making Money Your Friend; Secrets of Becoming a Bargain Connoisseur and Touch for Health I—IV.

She has taught courses and been a guest speaker throughout the US, Canada, Russia, Australia, New Zealand, England, Austria, Italy, Switzerland, Argentina and Guatemala.

Fingertips: Neurovasculars and Double Contact

Neurovasculars: Listen with Your Fingertips

In my first TFH class, 1975, we learned of “seven switches” to turn the body’s “energy on” in this order:

7 “Switches”

1. NL (Neurolymphatics)
2. NV (Neurovasculars)
3. Meridians
4. Origin & Insertion
5. Nutrition
6. Water
7. Rest

As a Touch for Health instructor since 1977, teaching classes and balancing friends, the neurolymphatics and a particular set of the **neurovasculars**, the ESR points, became my favorites of the “seven switches” to use. They can calm your **Nerves**, pulse **Erratically**, are **Useful**, help **Resolve** bothersome issues ...

Nerves, nasty (disturbing thoughts)

Erratic

Useful

Resolve

Oscillating, obsessive, overwhelm

Vacillating, valuable

Anxiety, agitation, ask

Synchronize, synergize, soothing, solutions

Calming, cooling, clearer thought, contentment, central

User friendly

Listen (with fingertips), lightly touch

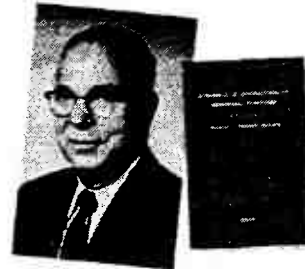
Alertness

Restore, rest

To me one of the more gentle “quieter” of the seven, the neurovasculars, are the least conspicuous, the least invasive of TFH’s techniques. Both the NL and NV reflexes have similar relationships to a muscle and organ. As you know, neurolymphatic reflexes, primarily located on the torso, are stimulated with a firm massaging touch whereas the neurovasculars primarily located on the head are stimulated with a light sustained pressure to produce a therapeutic effect.

In one of his papers **Steve Kaufman, DC**, Denver, CO., writes: *“One effective but very gentle approach to visceral treatment is by neurovascular reflexes. These were developed by Dr. Terence Bennett, a chiropractor, in the 1930’s. They are treated by a very light touch to multiple reflex areas, while at the same time the practitioner’s other hand stretches the upper trapezius area. Generally one feels a gurgling under his fingers after 30 or 40 seconds. This feels like peristalsis under your fingers, and seems to indicate that the intestinal tract has quickened its function. Bennett performed a lot of fluoroscopy and claimed to have seen increased peristaltic movement of fluids when he would stimulate the points.”* **AK issue n.11 - Fall 2001**

Dr. Terrence Bennett was a chiropractor from California who, in the 1930s, began to map out reflex areas on the body which became known in applied kinesiology as **neurovascular points**. A text based on the lectures of Dr. Bennett was edited and compiled by Ralph J. Martin, DC, ND who published the lectures as ***“Dynamics of Correction of Abnormal Function”*** in 1977 (neurovascular dynamics).



Bennett started working on his concept of neurovascular dynamics in the 1920s. He mapped 38 specific points on the cranium and anterior torso which he correlated with specific tissue, gland and organ function/dysfunction that were used for diagnostic and/or treatment purposes. His cranium points are still used by AK practitioners, as well as TFHer’s and other energy healthcare systems. Only a few chiropractors in the US still utilize the torso points as NV’s.

* * * *

Before retiring as an educator, I taught my students to use ESR points for a variety of situations. To demonstrate their effectiveness I had them “pulse” the ESR points on their forehead... as best they could. When I thought most had the points synchronized AND while they were still holding their points, I would exclaim, “You’re having a test in 5 minutes.” The surprise feedback from my 6th graders was my first awareness that everyone’s ESR points didn’t respond in the same way. The points for some children went faster, for others, slower. For some, one side pulsed differently than the other, for others the pulses just plain left. They did learn to continue holding their points to reduce their obvious stress when thinking about what test taking meant to them.

One morning before I was ready to get up, I was holding the ESR points, synchronizing them to "an issue". As I continued to hold them, my thoughts began to wander; I was puzzled when the pulses went a little crazy jumping all over the place. I played with them a bit and then forgot about that morning until years later. Last year I participated in an EFT (Emotional Freedom Technique) workshop, learning to tap on ends of meridians while making certain statements to effect change. I eventually tired of tapping, so decided to see if working with the each of the NV's, not just ESRs, with an issue, could be as effective. The answer is yes!

Neurovasculars, where are they?

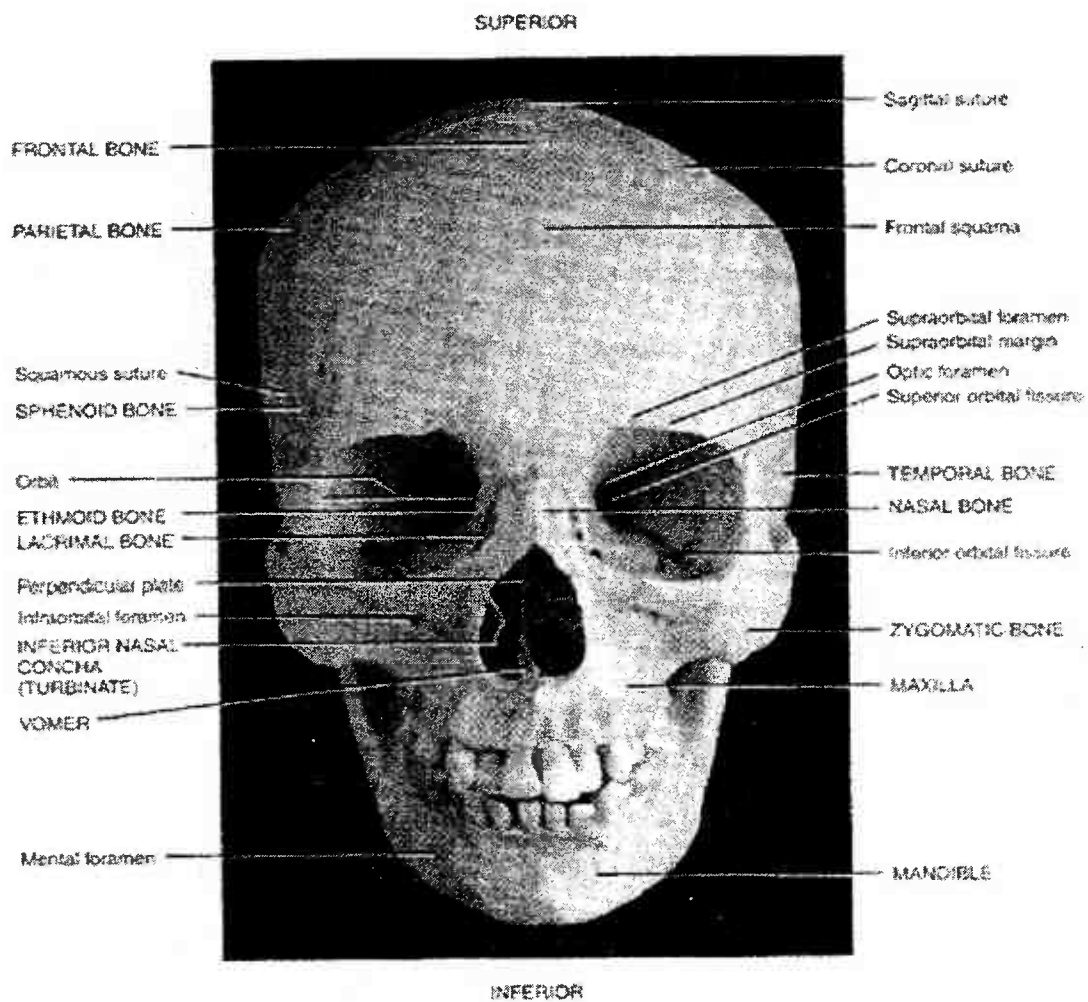


FIGURE 1 Skull, anterior view

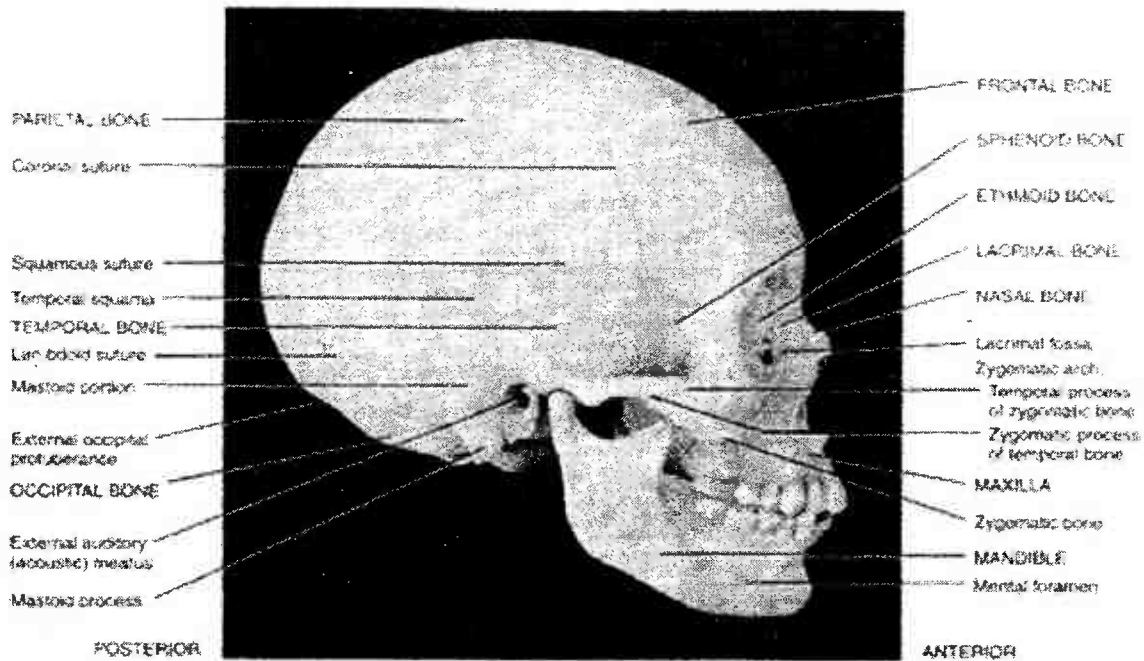


FIGURE 2 Skull, right lateral view

You, too, can have a *conversation* with your neurolymphatics!

1. Sync all Neurovascular (NV) pulses.
2. Think of stressor while holding each NV "listening with your fingertips" to see which ones are changed by the stressor: slower? faster? oscillate? erratic? one "leaves"? both "leave"?
3. Wait to hold for synchronization until each NV is checked to see which ones are affected by the stressor.
4. While thinking of stressor again, hold NV points which were "off" (out of sync) until they are synchronized.

Step 2 –4 examples:

- A. Think or say one of the following statements (or other) while holding each of NVs.
(You may want to begin with the ESR points.)

Possible Declarations:

I, _____, am no longer negatively affected by the judgments and opinions of others.

I, _____, am and feel safe, calm and comfortable when _____ I'm with _____. (I'm doing _____). etc.

I, _____, accept and appreciate _____ for who she/he is.
(as Mother, Father, Mom, Dad, parent, friend, mentor, adult...)



Examples:

Ex. Sheri accepts and appreciates me as (Mom), (Mother), (parent), (friend), (adult).

Ex. I accept and appreciate Sheri as my (daughter), (friend), (adult).

B. Observe how the NV points each respond to the declaration you chose and what you are thinking about it. Do both points or only one speed up? Slow down? Leave? Oscillate back and forth? Other?

C. Hold and synchronize any NVs that "were out of alignment" when thinking or saying a particular statement. While holding you can add positive thinking statements related to the issue and/or the core statement EFT uses: *"Even though I have this problem of _____, I, (all your names) completely love, accept and appreciate myself....or similar.*

D. You can also add muscle testing/checking for verification for priority, more holding time, percent of "clearing", need to do more around the issue, etc.

"Much can be done if our hands act in an educated, intelligent and intentional manner to directly affect body function.

In all cases it is important to be gentle and not exceed the patient's tolerance.

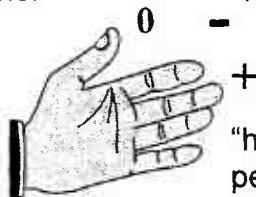
As Alan Gaby has said,

"respect for tissue"

is paramount."

Steve Kaufman, D.C. Denver, CO

Your whole body (and each individual cell) has negative/positive charges similar to a battery; the RIGHT side + (positive) and the LEFT side — (negative). This pattern is reversed for those who are, for whatever reason “switched” or neurologically disorganized, as we know it in Touch for Health. We can use this energy in ways to balance the body with TFH or other healing modalities, help reduce pain, etc.



For the following **simple the most painful spot** of the pain can radiate from particular points even though it feels like “it’s all over” a certain area. It is this most painful point where you want to contact (touch) the negative or positive energy finger for the Double Contact technique. Have the person (or yourself, if you have the discomfort) **rate the pain on a scale of 1 to 10** for comparison purposes after you’ve held the points. This is important, as some people can’t tell “how much” of an improved if they are still focused on “the pain.”

“healing hand” technique, **palpate for** person’s or your own complaint. Note: lar points even though it feels like “it’s all over” a certain area. It is this most painful point where you want to contact (touch) the negative or positive energy finger for the Double Contact technique. Have the person (or yourself, if you have the discomfort) **rate the pain on a scale of 1 to 10** for comparison purposes after you’ve held the points. This is important, as some people can’t tell “how much” of an improved if they are still focused on “the pain.”

1. **Lightly** place the thumb (neutral energy 0) of one hand on a major pulse point (carotid artery, groin, underarm, etc.) Keep the rest of the fingers and hand off the body or rest your other fingers from one hand on the back of the neck which is a neutral area.
2. a. Place the index finger (negative energy —) of the other hand on the pain point if the pain is on the LEFT SIDE of the body.
b. Place the index finger (positive energy +) of the other hand on the pain point if the pain is on the RIGHT SIDE of the body.
3. **Lightly** hold both points for 3 to 7 minutes until you feel the two points pulsing together.
4. Compare the intensity of the pain for the original pain using the 1-10 scale. It will almost **always** improve, but some pain may need more time.
5. If the pain doesn’t improve at all, switch your positive /negative fingers....the person may be “switched.”



Jan “double contacts” Bob Dirks, local Crookston, MN merchant, to help his headache. It improved from a 7 to a 3. His neck pain went away completely. She uses this technique often to help people with their aches and pains.

from Crookston Daily Times Special Ed. Summer 2003

ENERGY WINS

"*Double contact*" is a simple healing energy technique I learned many years ago from a nutritionist, Elaine Busse, who helped turn my life around with diet, supplements, etc. I have used it frequently ever since. There are many WIN stories with this simple method. One day one of my 6th grade students was crying during recess time while still in the classroom. My back was turned working with another student when one of the boys had banged Laura's head on her desk. Seth was brought in from the playground. Besides the apology he made to Laura, he did this technique to help her headache. Over the years my students would use it on their stomachaches, headaches, minor aches and pains, and would also help their family at home.

Another time after folk dancing in Boulder, CO, I went to a friend's house to visit. She complained that her foot was in pain. I offered to help. "That won't do anything," she said. I didn't respond, but later sat on the hassock beside her, palpitated for the most painful spot, contacted a pulse under her knee with my 'neutral energy thumb' (she was a bit taller than me so I couldn't reach the best pulse point to use - the carotid artery). A few minutes went by, she wiggled her foot in disbelief. The pain was totally gone.

By Jan Cole, M.Ed. from: **TFHKA 03 Summer Newsletter**

Recently, at a dinner my friend, Joy, experienced her sinuses beginning to "clog". I massaged the lymph from her collarbone downward, her neck, shoulders. Doing the double contact on each side of her nose opened her sinuses. She was delighted to feel it happening. Several ladies watching were intrigued and asked about their own pains.

References:

Visceral release massage: an effective approach for some liver, stomach, gall bladder and heart problems, including chronic fatigue.

From: Townsend Letter for Doctors and Patients 2/1/2003 Author: Kaufman, Stephen J.
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Lessons from the California practice rights litigation -- Part 11 by David Prescott, MA, JD, DC, *Chiropractic Journal* June 2007

<http://www.worldchiropracticalliance.org/tcj/2007/jun/h.htm>

AK issue n.11 - Fall 2001 Terrence J. Bennett, D.C. <http://www.kinmed.com>

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ANDREW VERITY

Started with Applied Kinesiology 35 years ago. Andrew has diplomas in Naturopathy, Homeopathy, Iridology and Applied Personology. Studied Acupuncture and Chinese Medicine, SomoSomatic Analysis, Orthobionomy and Massage. Started the IASK Association Australia and became Int President of IASK 1994. Director of Neuro-Training. Authored Government recognized Kinesiology and Solution Oriented Neuro-Training Diplomas.

Innate Systems – The Integration of 'Systems' for Increased Recuperation

I made it my primary objective to integrate the proven principles of health modalities and in the personal development areas into Kinesiology over 35 years ago.

In this process I discovered that if we understood the systems within our bodies and how we were connecting to them, I could answer many of the questions people had about Kinesiology.

In trying to explain Kinesiology to those unaware of its potential I found myself having to reinvent the concept of Kinesiology into terms people could understand already.

One of the terms I found resonated with new people was the term “Systems” and another “Adaption”. Yes, they could understand that there are systems within the body even if they did not understand what they were and they could be important to help adapt to life's challenges.

Investigating this concept further I discovered that these systems were in fact a major influence on your ability to recuperate, automatically. The power and influence these systems have is reflected in the fact that we use parts of them in our work every day, and probably didn't realize it.

Bridging the gap between a non kinesiologist to a kinesiologist has been a big challenge. The leap of faith it took to go from not knowing how to muscle check to being able to muscle check (well) was a multi-tasked operation that many people ran away from.

We are now finding that people will come to do workshops for themselves where they do not have to learn muscle checking and still get the results they are looking for. At least enough results to make them realize there is more to Kinesiology than they thought.

We first show them how to integrate their Innate Systems and now more students are coming into classes to learn muscle checking after they have experienced the Innate Systems approach.

Starting Point for Systems Integration

From the inception of Kinesiology there have been some basic systems we used to balance just about anything that could go wrong within the ecology of a person.

These systems references are the Lymphatic System Reflexes (Neuro-Lymphatic Points) as revealed by Dr. Frank Chapman. The primary Circulation System Reflexes (Neuro-Vascular Points) as researched by Dr Terrence Bennet.

A little later came the introduction of the Meridian System and its use. Other systems have been added by other researchers such as the Visceral System Reflexes and some sensorial system processes.

These 'Systems' are a part of what most people experience when learning Kinesiology but do not see them as a system nor do they realize the system may be damaged.

Chapman and Bennet did not use Muscle Checking as a feedback tool yet they discovered these systems that have lead to the increase in health quality for thousands and thousands of people.

Rethinking and having a fresh look at what the systems are doing is always going to help us better understand what we are doing.

The whole time we were using a change of muscle response as our major feedback tool we were using another system, the Nervous System.

The use of muscles as indications of change or lack of change in the person's ability to adapt to challenge is itself a part of an innate systemic response within the nervous system.

We are using the Nervous System to 'read' changes that are taking place inside our bodies and minds. The only way we can do that successfully is if the Nervous System is connected well to the other 'Systems' and that they are working well within themselves.

Why waste precious time 'working' on a person when all you are doing is patching up

parts that are out of balance while missing why the person could not recuperate properly in the first place?

Neuro-Training Objective

The primary objective we hold in Neuro-Training is to establish the client's ability to recuperate. The recuperation process is more than just overcoming an accident. Recuperation means no longer being effected by anything that has made an impression on your Nervous System and which continues to influence how your Nervous System functions.

Generally this is called Conditioning (in hind sight). At the time these conditions were being created they were called Experience. Your life experience has created a library of 'facts' that trained you to do life a certain way. Each of us have our own library of 'Facts' and do life according to what's in our library.

(See www.neuro-training.com/blogsc)

Compensation vs Recuperation

Unfortunately there are many consequences to living this way, one of which is that you compensate to 'life events' to try to survive or to attempt to create responses to control the events so they won't happen again.

In your attempts to survive you react to the situation and this reaction creates a type of pattern (stored in the nervous system/brain) that our subconscious reads later as an actual life path. It acts out these paths as if they were the preferred way when in fact they are acted out only because they have become habits.

Habitual responses to life that lock in certain neurological patterns of behavior. You will find these patterns every time you balance someone.

The cost of these habits of the Nervous System is a compromise of function somewhere. Usually a system has had to change its normal function to allow these compensations to continue. The end result is a loss of efficiency of the System itself.

If you assume that any Innate System is OK and attempt to help a person reorganize their Nervous System patterns, you may be surprised when they come back with the same or similar patterns of imbalances.

If their Innate Systems were all in balance first, they would be able to resolve most of their adaptive needs. You would then only have to find the chronic patterns and retrain

the Nervous System to learn new ways of overcoming these chronic or even inherited patterns.

Innate Systems

Neuro-Training does not necessarily use muscle checking first. We teach people how to integrate the systems using the specific procedures for each system and watch what they do.

As their systems 'learn' to work together again the client resolves most of those superficial patterns created to help a feeble compensation. Firstly their symptoms disappear and they seem better for a while.

The more innate systems they do the more they can recuperate from the neurological patterns and life facts stored in their neurological libraries and create habitual use of these systems. These new habits become a challenge to deeper inherent stress patterns that may be behind larger problems.

The advantage of the Innate Systems is their ability to help the client do more and better in any and every area of life without having to learn muscle monitoring first.

The advantage for the Kinesiologist is that you can incorporate these into your work and know exactly when and what systems need to be balanced AS A SYTEM for you to be able to get the best and longest lasting results.

The illustration is of one of these systems that you can give away to your clients, potential students or any interested party. This is simple enough for anyone to do and get great results from.

Once they get the results they will come back to you for more, be prepared.
All the best in your work.

If you assume that any Innate System is OK and attempt to help a person reorganize their Nervous System patterns, you may be surprised when they come back with the same or similar patterns of imbalances.

If their Innate Systems were all in balance first, they would be able to resolve most of their adaptive needs. You would then only have to find the chronic patterns and retrain the Nervous System to learn new ways of overcoming these chronic or even inherited patterns.

10 **Innate System - Neuro-Lymphatic Points Phase One**

RUB all points consecutively for 30-60 seconds each until all the points have been rubbed. The rubbing should be firm but not excessive. If the point is painful, rub with less pressure for a longer time until the pain disappears. Move the skin over the area underneath as the reflex points are below the skin.

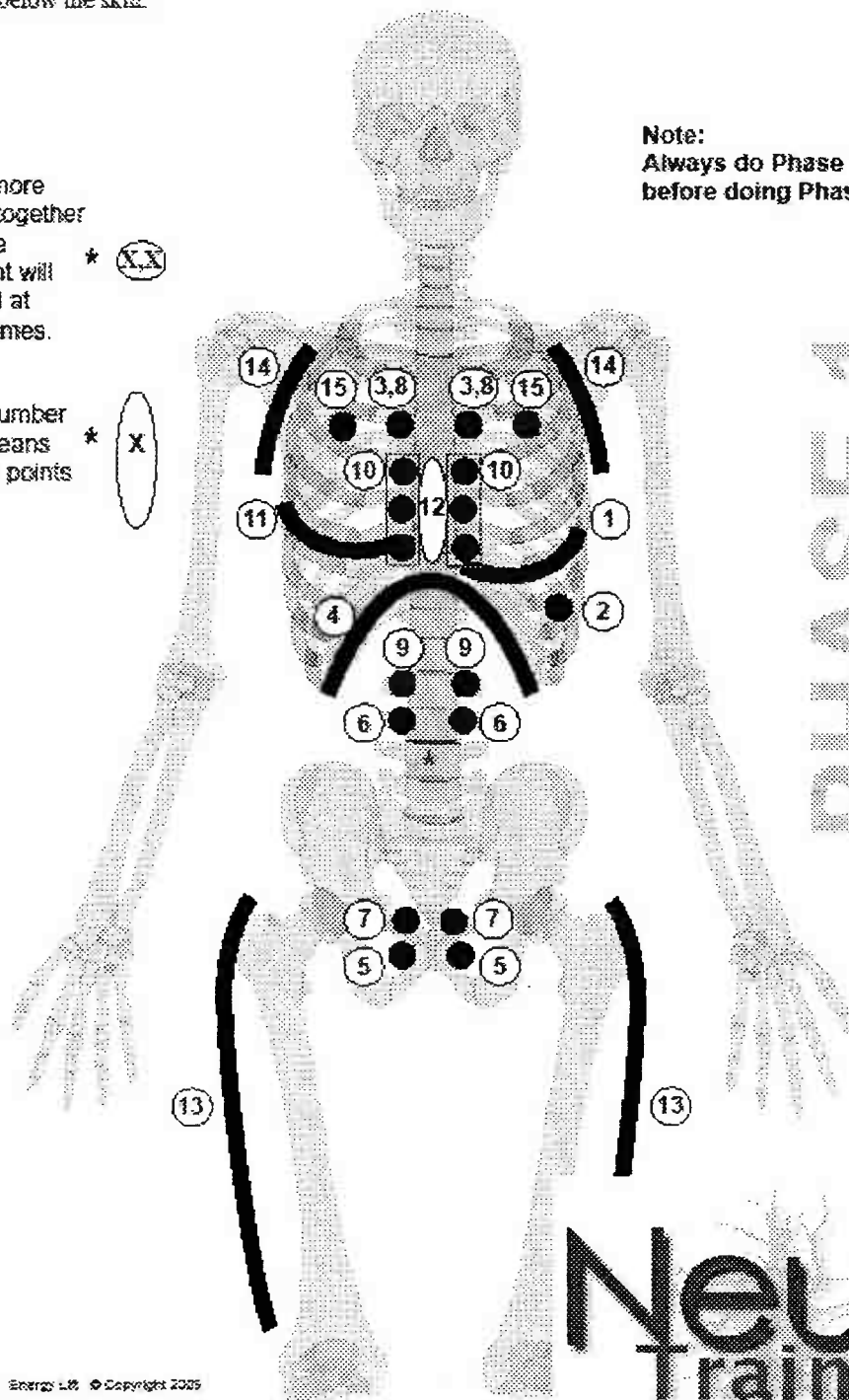
* Two or more numbers together means the same point will be rubbed at different times.



* A long number section means rub all the points next to it.



Note:
Always do Phase One before doing Phase Two



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[www.neuro-training.com \(/blogsc\)](http://www.neuro-training.com (/blogsc))

General information about
Neuro-Training P/L

www.collegeofneuro-training.com

Government recognized training
info@neuro-training.com

Any questions will be answered as soon as possible

Key Words:

Recuperation

Innate Systems

Challenge

Neurological Patterns

Patterns of Behavior

Inherited Patterns

Adaption

Compensation

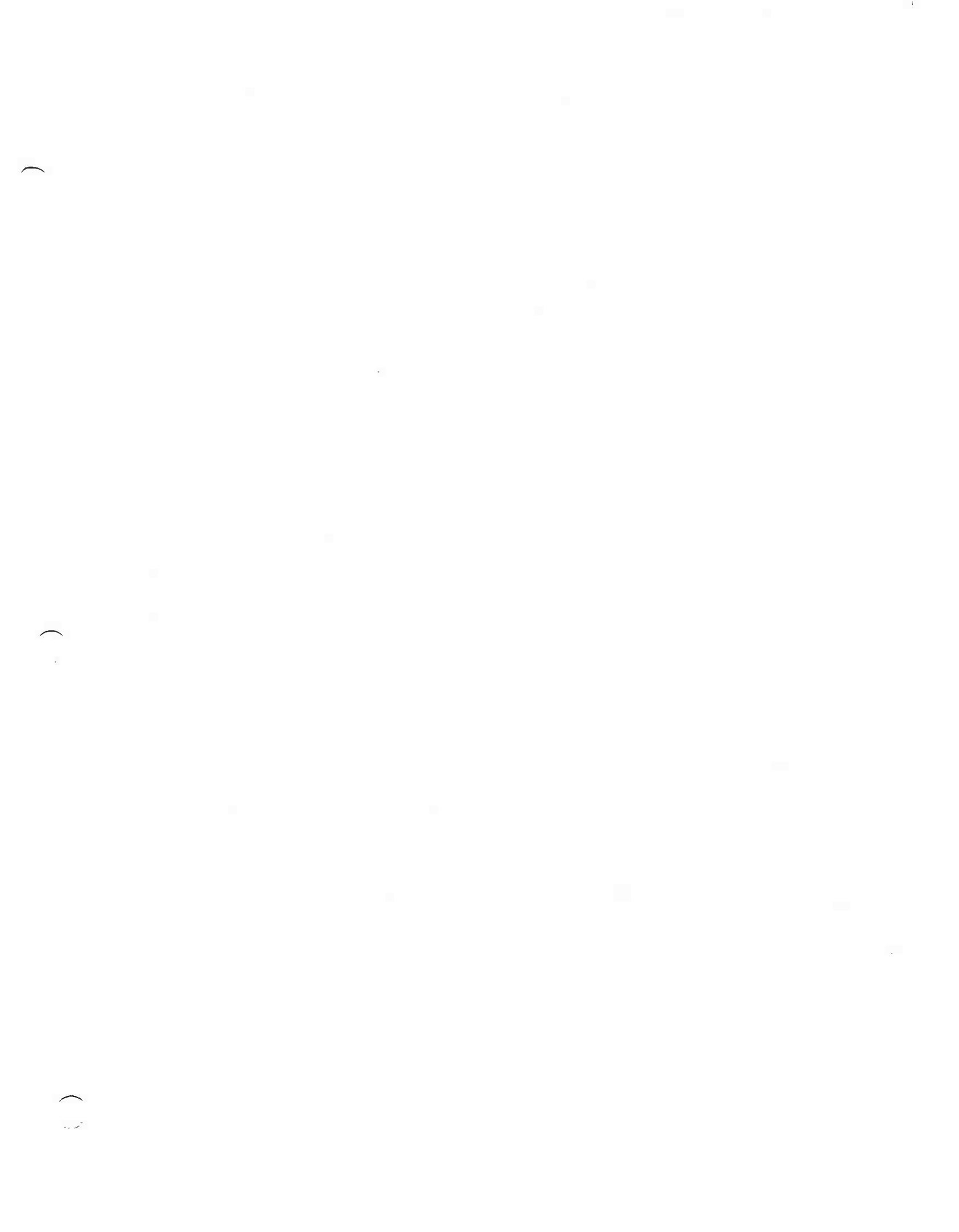
Habits

Neuro-Lymphatic Points

Neuro-Lymphatic Points

Integration

NOTES





AnneMarie Goldschmidt Initially trained as a registered nurse and relaxation therapist.
Started with Kinesiology in 1980
IASK member since 1990 and active in the Board since 1993.
Kinesiology Modalities : Paedagogical Kinesiology, One Brain (3 in 1 Concepts), Blueprint (Educating Alternatives), Touch For Health, DNA, the Brain –our greatest resource...

I love to teach classes and work with clients. I am good in communication skills and therefore happy to be involved in different jobs as Board member and Coordinator.

“Specialized Kinesiology is the art of assessing the Energy Systems of a person by using precision muscle testing as a biofeedback mechanism. Using the same feedback, a Specialized Kinesiologist identifies appropriate protocols for promoting, restoring and maintaining balance within these Energetic Systems.”

Scientific Research– Context and Content

Where are we, and where are we going with the promotion of Kinesiological research?

The presentation will give an overview of the ongoing research in Complementary and Alternative Medicine in Denmark with the emphasis on research in Specialized Kinesiology in the form which is practised at The Danish School of Paedagogical Kinesiology.

My purpose with the presentation is to encourage other Kinesiologists in entering the world of research, cooperating with people trained in scientific research.

My intention is to give my answers to some of the questions, which eventually will be asked:

What do we need to be accepted as co-operators?

What did I do to be accepted as part of two groups of researchers at the University of Copenhagen and the University of Southern Denmark?

What kind of research and what outcome?

What can any kinesiologist initiate on her or his own?

Where do we have our force? Medical research? Anthropological research? Sociological? Psychological? Therapeutic work? Health promotion?

You will be introduced to the outcomes of

- “Pilot project re. description of client-experienced effects of Kinesiological balancing” (2003)
- “Description of series of Paedagogical Kinesiology Balancing. CASESTUDY for description of Paedagogical Kinesiology as a method for healthpromotion and prevention of stress related health problems” (2008)
- “The Kinesiological body. An Anthropological Study of the Kinesiological Worldview analyzed through its body narratives” (2009)

If you from reading this you have questions you would like to ask and hopefully, have answered, please feel free to ask.

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www.kinesiologi-uddannelse.dk





Mathilda van Dyk's background is in Psychology. She is also a NLP Master Practitioner and Life Coach whose clients include Business Executives, Actors, International Athletes and Aristocracy.

Dissatisfied with the limitations of talk therapies, Mathilda started looking for answers elsewhere. As a result, her Kinesiology career began in South Africa in 1997. Because information was limited in South Africa she went to England in 1998 to do advanced courses. She has studied most of the major schools of Kinesiology.

During the next 7 years her research in Natural Health and Holistic Healing took her to many European Countries, India, Egypt, Iceland, Russia and China.

In 2004 she was appointed as International Representative and Instructor for the Institute of Cyberkinetics and started a year-long tour for the world launch of Cyberkinetics. During this time she also went to Australia to research new techniques with Philip Rafferty, founder of Kinergetics and she qualified as a Kinergetics Instructor.

With a strong desire to give kinesiology more exposure, she developed an Introduction Course in Kinesiology (Healing Foundations) as well as kinesiology workshops for Pain Relief and Stress Relief for the general public to introduce them to kinesiology.

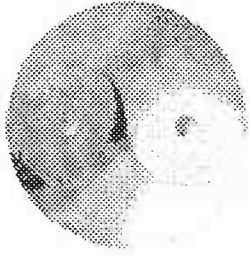
As her passion lies in finding the emotional and/or spiritual reasons that are behind so many physical dysfunctions and unfulfilled, unhappy lives, researching and developing a course in this was a natural progression.

She gradually co-developed Integrated Healing with her partner Nic Oliver, leading to its launch in 2006. After 20 years of holistic healing research, as well as attending over 70 kinesiology courses, they wanted to focus on the issues that many healing modalities struggle with such as Self-Sabotage Programmes, Survival Programs, Inner Child Healing, Soul Integration, Deep Level Neurological Switching, Clearing the impact of Negative Amygdala Memories, and many others.

In the same year, Integrated Healing went international and rapidly spread into many different countries. IH experienced astonishing growth and within 7 months of its launch date there were IH practitioners throughout the UK as well as in Ireland, Spain, Hong Kong, China, Singapore, Malaysia, Japan, South Africa, Dubai and Australia.

In 2008 Integrated Healing became one of only a few kinesiology to have received the prestigious accreditation from the Australian Kinesiology Association. The Kinesiology College of Ireland has also included IH as part of their curriculum.

For information on Integrated Healing visit www.integratedhealing.co.uk



Integrated Healing

Turning kinesiology into kin-‘easy’-ology

Integrated Healing, developed by Mathilda van Dyk and Nic Oliver, combines the many benefits of NLP and Life Coaching with kinesiology to produce a simple but profound approach to kinesiology. Their background includes psychology, physiology, NLP, life coaching and training. Therefore you can look forward to workshops that are fascinating and fun, as well as a time of profound healing and growth for yourself.

After 20 years of holistic healing research, as well as attending over 70 kinesiology courses, they wanted to focus on the issues that most kinesiologies don't address such as Self-Sabotage Programmes, Survival Programs, Inner Child Healing, Soul Integration, Deep Level Neurological Switching, Clearing the impact of Negative Amygdala Memories, and many others.

Integrated Healing's holographic approach and simple structured protocol, enables new and experienced kinesiologists to help clients who are seeking deep and lasting relief from a wide range of emotional, spiritual, neurological and physical dysfunctions.

For the ***newly qualified kinesiologist***: Integrated Healing will instil confidence by adding structure, safety, flow and depth to your balances as well as giving you a wide range of tools for your 'tool kit'.

For the ***experienced kinesiologist***: One of the benefits of the Integrated Healing approach is that nothing you have learned is redundant, as the Healing Pathways Protocol will be a powerful add-on, rather than a replacement, for what you already do. Many experienced practitioners have switched to using IH as the basis for all their balances, using their existing tools and modalities within the simple and safe, yet extremely powerful, framework of the IH structure to ensure deep and long-lasting balances.

Here is a summary of some of the benefits:

- ◆ Integrated Healing (IH) is a completely Holographic system, addressing the 'total being'
- ◆ IH does away with the need for Hip-and-Jaw stacking
- ◆ IH re-introduces the power of ancient hands-on healing techniques
- ◆ IH takes away the 'what-to-do-next' worry by being guided by the wisdom of the client's body
- ◆ IH gives you a protocol template to confidently address any issue a client can

possibly present

- ◆ IH uses simple protocols to deal with difficult issues like Self-Sabotage & Deep Level Switching
- ◆ IH integrates the healing on every dimension of the client's being
- ◆ IH includes built-in safety tests that prevent healing crises
- ◆ IH incorporates the *'tools-for-change'* used in Neuro-Linguistic Programming to:
 - Ensure that the client creates a clearly defined outcome
 - Confirm that the client 'Chooses' their new healed state
 - Expose any secondary gain programs that may hinder the client's healing
 - Fill the 'void' that may be left by clearing redundant programs
 - Make sure that the client 'Owns' their healed state
 - Test and reinforce the client's 'Knowing and Believing' that healing has taken place

The focus is therefore very different from most kinesiologies.

When we were questioning the simplicity of Integrated Healing and whether healing could really be this easy, this quote from Diana Cooper inspired and reassured us:

"If it is complicated, it's from ego. Spirit is simple."

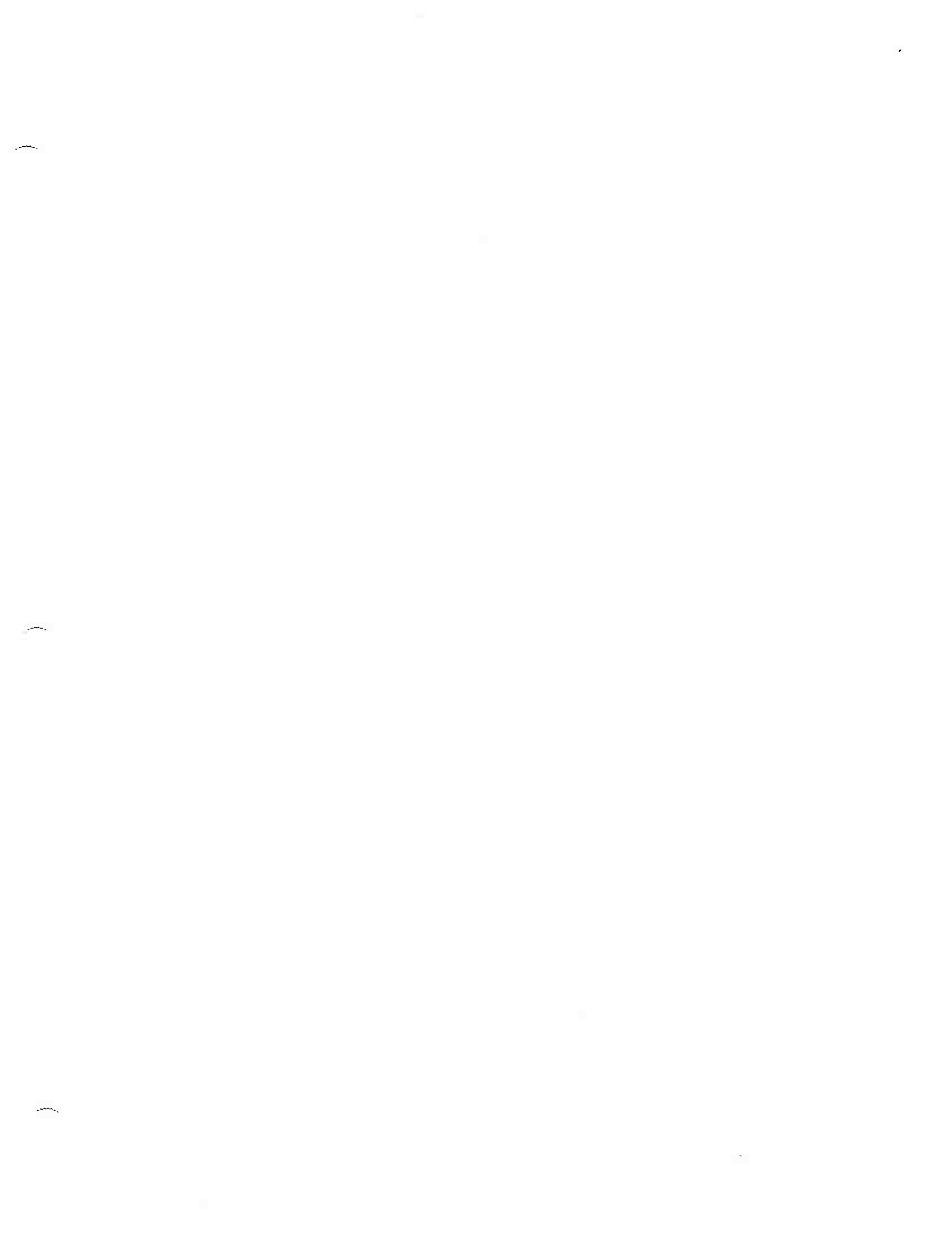
Working Holographically enables us to use simple protocols for difficult-to-deal-with issues such as:

Sabotage & Survival Programs	Deep Level Neurological Switching
Inner Child Healing	Clearing Negative Amygdala Memories
Soul Integration	Clearing Self-Limiting Beliefs
Chakra Gateways	Restoring Blueprint States
Cutting Energetic Cords	Clearing Phobias & Anxiety
Invasive Energies	Chamber of Memories
Age Recession	Clearing Redundant Vows
Reclaiming Personal Power	Physical Dysfunctions

Integrated Healing has spread rapidly into many different countries; within 7 months of its launch date there were IH practitioners throughout the UK as well as in Ireland, Spain, Hong Kong, China, Singapore, Malaysia, Japan, South Africa, Dubai and Australia.

Integrated Healing is one of only a few kinesiologies to have received the prestigious accreditation from the Australian Kinesiology Association. The Kinesiology College of Ireland has also included IH as part of their curriculum.

For course content and more information see www.integratedhealing.co.uk



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Kathie Guhl is the founder of Bridges Kinesiology, a private practice for children and adults, as well as founder of the BrainWave Organization, the teaching arm of her practice. Ms. Guhl has written fourteen unique classes for Energy Kinesiology, including the series Ethics, Not Rules, co-authored by Debra Hurt Burchard. Currently, Ms. Guhl divides her time between seeing private clients in California and teaching her classes throughout the US and Europe. She is a graduate of The International Institute of Applied Physiology and of Three In One Concepts, and has studied several other modalities of Energy Kinesiology. Ms. Guhl is the immediate past-president of The Energy Kinesiology Association (EnKA), and is a past secretary of the International Association of Specialized Kinesiologists (IASK).

Love Is The International Language

For quite some time, I've been working with people who have learning problems as well as those who have abuse or trauma in their background. I've noticed that one of the things these clients have in common is stress in their capacity to love and/or be loved. Almost always, the client's capability for loving another AND feeling the love another offers is compromised; sometimes it's only the ability to receive love that's strained; and occasionally, it's only the ability to love another. But in 99% of the cases, considerable stress is involved in the person's "Love" potential.

The reasons for these phenomena are fairly obvious, and are as varied as the clients themselves. But more importantly, as kinesiologists, what can we do about it? How can we affect change in a client's ability to give and receive love? What do we have to offer that is unique to energy kinesiology? The answer is clear: it's our ability to change subconscious emotion and reaction.

Richard Utt of Applied Physiology created a mode that he calls "The Love Mode," which accesses the emotion of Love for that person. It's a very big mode, which covers a lot of territory. It includes the person's love for self, love for another, love of country, family, God, home, and equally his ability to receive love from all of those areas. It is much broader than the idea of loving a lover.

I've been using this mode with clients for over a year now, and have found that it can get to places that no other tool can. Here is the Love Mode, included with Richard Utt's permission:

LOVE MODE

Tip of index, middle and ring fingers to side of thumb. Little finger up.

- Find a partner near you, and simply test the Love mode on each other.
- Do you find an indicator change in the clear?
- If not, use the Love mode and test K27 Right. If you found an indicator change on right K27, there is stress on male love: perhaps father, brother, or past or present lover.
- Now test the Love mode and K27 Left. If there is an indicator change, there is stress on female love: possibly mother, sister or past or present lover.
- Now try the Love mode with CV22, the Sternal Notch. If you find an indicator change here, that indicates stress on self-love: maybe the male (test K27 Right) or female (test K27 Left) part of ourselves.
- Do Frontal/Occipital Holding for one minute to clear.

Simply putting this into circuit and balancing it can make a big change in a person's outlook and behavior.

Remember, these issues are usually deep, so don't be surprised if there is more to do, or even if there are tears during the correction.

Then it occurred to me that Gratitude is tightly connected to the emotion of Love. How

GRATITUDE MODE

Index, middle and ring fingers wrapped around side of thumb. Little finger up.

does Gratitude influence Love, and vice versa? Is a person's ability to feel Gratitude part of his capacity to feel and express Love? So I developed the Gratitude Mode, which is similar to the Love mode.

Let's try this like we did before:

- Test the Gratitude mode on your partner. Do you find an indicator change in the clear?
- If not, use the Gratitude mode and test K27 Right. If you found an indicator change on right K27, there is stress on male gratitude: perhaps father, brother, or past or present lover.

- Now test the Gratitude mode and K27 Left. If there is an indicator change, there is stress on female gratitude: possibly mother, sister or past or present lover.
- Now try the Gratitude mode with CV22, the Sternal Notch. If you find an indicator change here, that indicates stress on self-gratitude: maybe the male (test K27 Right) or female (test K27 Left) part of ourselves. This often shows with people who can never acknowledge their own achievements or talents.
- Do Frontal/Occipital Holding for one minute to clear.

I used these two modes for quite a while, separately and together, with amazing results. Clients reported that they felt “lighter”, “happier”, and their relationships were better than they had been in years.

I've recently become quite interested in The Hidden Messages in Water by Masaru Emoto and David A. Thayne. Their work talks about the effects of human emotion on water. You've probably seen pictures of how water crystals are changed by directing different emotions directly into water. If that is so, and the human body is composed of 70% - 90% water, then how must emotions projected onto us affect our body itself? And, more importantly, how would actually *feeling* these emotions – having them originate in our own bodies – change the molecular structure of the water in our bodies, and therefore our bodies themselves?

Emoto and Thayne write that the emotion of Love changes water to positive crystalline structure. They also say that the emotion of Gratitude changes water to positive crystalline structure. But the very best, they claim, is the *combination of Love and Gratitude!*

Imagine: we have the means to change the crystalline structure of the water in our clients' bodies. How? Simply by using energy kinesiology methods and techniques. Here are some possibilities:

- Use Love mode alone
- Use Gratitude mode alone
- Combine Love and Gratitude modes
- Combine Love and dehydration modes
- Combine Gratitude and dehydration modes

- Combine Love, Gratitude and dehydration modes

Can we, by changing the crystalline structure of the water in our bodies, change the way we feel? The emotions we feel? To the reactions we have to others and their projections on us? Can we help those suffering from depression rise up from that lonely and desolate place to enjoy their lives again?

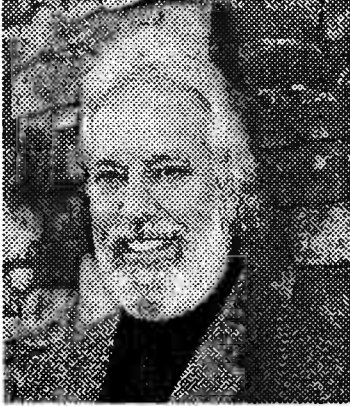
- “The world actually looks brighter”
- “I feel more alive than I have in years”
- “I hugged my grandson last week and really meant it.”

What a wonderful tool we have in energy kinesiology. How very lucky we are that we can help people the way we do. I’m enormously grateful for those who have gone before me to create the path, and for others who have illuminated it. May we all work in love and gratitude, expressing Love and Gratitude with every passing day.

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Earl Cook - Earl's first holistic education was in the area of International Relations where he studied to understand history, philosophy, finances, psychology, geography, science and religion in assessing situations and formulating solutions. He remained in his university an extra year so that he could formulate and write a suggested foreign policy for the U.S. (it was not adopted). Later, Earl became a microcomputer pioneer in the late 1970's where he worked 'holistically' as an expert with both hardware and software and their application in the fields of electronic communications. As a consultant and

programmer, Earl worked solving complex problems for some of the largest organizations in the world and used his skills and knowledge, once again, from multiple areas to create solutions. In an era of specialists, Earl has skills and experience in multiple disciplines and is a developer of advanced relational database applications. Relational software fits the 'holistic model' and is a great tool for implementing the TFH protocols. Since 1976, Earl and his wife, Gail, have studied and practiced the holistic Touch for Health energy kinesiology protocols. Earl is the designer and programmer of the eTouch for Health software system which is being used in homes and clinics in over 60 countries of the world. He is an outspoken proponent of using new alternative energy sources for helping meet the energy challenges as well as a proponent for including Complementary and Alternative disciplines as part of the overall healthcare solution.

An Open Letter to President Obama

June 18, 2009

President Barack Obama
President of the United States
1600 Pennsylvania Avenue NW
Washington, DC 20500

Re: Healthcare Reform

Dear President Obama:

These are challenging times in many ways. Healthcare and it's cost are at the center of many issues in American life and industry. Mr. President, you promised change for the future. I wish to inform you that Touch for Health and the other Energy Kinesiologies represent an option for change and improvement in addressing the U.S. Healthcare Crisis.

What defines the U.S. Healthcare Crisis? Increasingly, the Public, Business and Government can not afford

our healthcare system. It is an overloaded system and doctor's face-to-face time with patients is decreasing. It is exclusive as prior conditions are not covered when people need coverage the most. It can also be said the healthcare system is dangerous as Americans are dying because of: drug interactions; drug side effects; infections from medical procedures and facilities; and medical mistakes. The current system is built upon expensive high-tech diagnostic systems, surgery and dependence upon expensive pharmaceuticals. The current system is increasingly expensive and exclusive.

But, the current healthcare debate is only about, '*How to Pay for the Existing System?*' There is no debate occurring on including more cost-effective, safer and viable Complementary and Alternative options as part of the solution!

We offer viable options. We are not offering a replacement for the current system but offering Complementary Services that are more Cost-Effective Alternatives for non-life threatening issues and safer Alternatives that are based on safe and non-Invasive techniques. Our focus is on *Wellness and Health* and we have a 35+ year history of safe self-care for lay people built on self-responsibility and a synthesis of age-old eastern techniques coupled with modern discoveries. Our techniques are also increasingly being supported by recent scientific studies.

Most people already practice self-care so we are not introducing anything new in this area. People routinely ask themselves:

"I feel bad, do I go to work today?";

"Do I send my kids to school if they are feeling bad?";

"Should I miss work and risk my job if I feel bad?";

"Should I go to work in pain?";

"I feel bad today, but my appointment with my doctor is next week!"

The reality is that according to the National Center for Complementary and Alternative Medicine, *The Use of Complementary and Alternative Medicine in the United States*, 38% of Americans have tried some form of alternative methods and that figure goes up to 62% when prayer is included in the figure.¹ Mr. President, Americans are already being forced to look for alternatives due to costs, exclusion from the system and due to the fact that people are looking for safer, less invasive and more cost-effective solutions. Is it inhumane, unethical and unrealistic to ignore these facts by not including Complementary and Alternative Healthcare models into the debate on reforming American Healthcare?

What is our place in healthcare? We focus on energizing and activating the body's own healing capabilities. Importantly, we do not diagnose or treat disease. We recognize the skills and capabilities of our medical system and we refer all serious and life threatening issues to professional healthcare providers. As I said earlier, our model is Complementary with and Alternative to modern healthcare

One area that we are complementary is in the area of pain control. We have natural techniques that are often times very effective in reducing various types of pain. We also have very effective methods for reducing the effects of emotional stress. Our techniques are also effective in returning the facilitation and range-of-motion of inhibited muscles.

We are Alternative in that our techniques will sometimes work when nothing else will. We focus on the cause of physical/emotional/mental pain rather than the elimination of just the symptoms. We recognize the holistic nature of our body and we take into account the complex inter-relationships of our mind, body and spirit.

Are we audacious in thinking that we can contribute and make a difference? Touch for Health has 35-year history of safety in practice. We have an international network of instructors teaching the same curriculum and we have available an extensive collection of instructional materials: books; DVDs; charts; and sophisticated computer software. In the U.S., we have a national instructor network and our Touch for Health Kinesiology Association has held an annual conference every year since 1974.

The U.S. has figured prominently in the modern discoveries and creating what we call the Touch for Health Synthesis. Dr. George Goodheart, Jr. DC discovered the relationship between the standard muscle test and reflex points that would facilitate an inhibited muscle. These discoveries were expanded to include the link between the muscles ability to lock and the energetic meridians of Traditional Chinese Medicine.²

Other doctors and researchers continued to expand this knowledge and in 1973 Dr. John Thie, DC wrote his ground-breaking book, *Touch for Health*. This book and natural healthcare model presents a sub-set of these discoveries which are used in a non-diagnostic model.³

Many other discoveries and contributions have been made by Dr. Sheldon Deal, Dr. Walter Schmitt, Dr. Bruce Dewe, Dr. Alan Beardall, Gordon Stokes, Drs Paul & Gail Denison, Hap and Elizabeth Barhydt and many others.

These early discoveries have also spawned many offshoots such as Energy Medicine by Donna Eden, Applied Physiology by Richard Utt, Energetic Kinesiology by Hugo Tobar, Neuro Training by Andrew Verity, *eTouch for Health* by Earl & Gail Cook and many other branches of energy kinesiology.

A few more facts about our Founder, Dr. John Thie, D.C. In 1973 he wrote *Touch for Health*, a widely-distributed self-help manual which introduced basic Energy Kinesiology to Lay People all around the world.⁴ Touch for Health (TFH) is used in over 100 countries and has been translated into 16 languages. In his 35-year career, Dr. Thie personally balanced over 500,000 people using the TFH energy balancing techniques. Millions of people around the world have safely benefited from the Touch for Health techniques since its introduction in 1973.

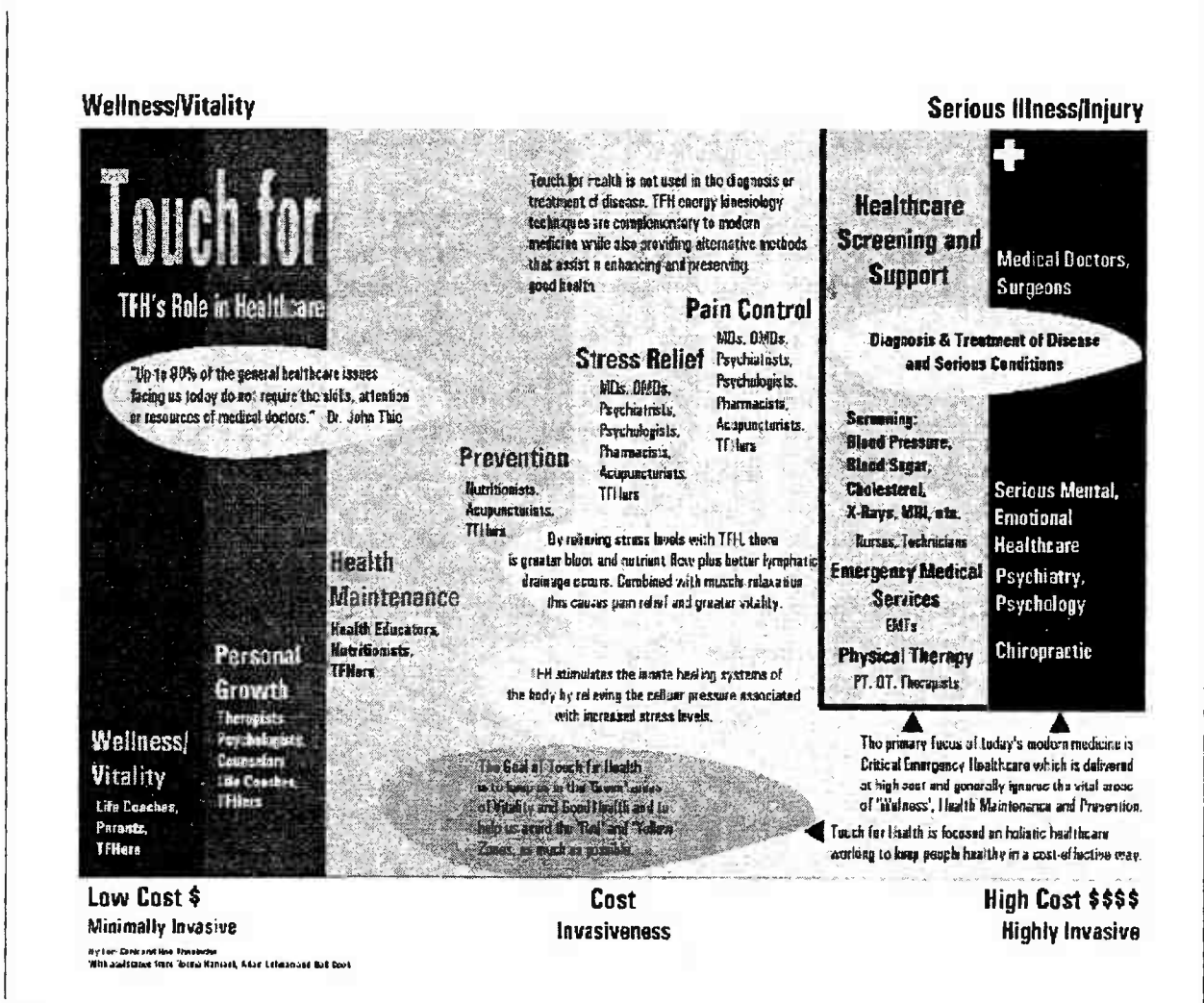
Dr. Thie made some basic assessments about healthcare which I think are extremely relevant into today's debates over healthcare reform. Dr. Thie stated on many occasions:

“Up to 90% of the common everyday healthcare issues we face in our lives do not require the attention, skills, resources or time of our highly-trained, over-worked and expensive healthcare professionals.”

“A large percentage of health issues have an emotional or stress component and should be addressed holistically.”

“We should always try options like Touch for Health first which are the least invasive, safest and most cost-effective. If they work great! If not, then move to the next higher level of healthcare professional.”

The chart illustrates Dr. Thie's main points. On the left of the chart is Wellness/Low Cost/Low Invasiveness while the right illustrates Serious and Life-threatening Illness/High Cost/High Invasiveness.



I created this chart to illustrate Dr. Thie's vision for healthcare reform and to illustrate that we understand where the boundaries are and we do not cross those. Assisting me in the creation of this chart was Rob Aboulache, a healthcare consultant with Kaiser Permanente and Norma Harnack, RN, a veteran of traditional healthcare as assisting nurse in the Operating Room as well as Faculty Member teaching Instructors how to teach Touch for Health.

As you can see in the chart, these *energy balancing* techniques are useful for working with many of the troublesome but non-life-threatening and non-serious healthcare issues that face us in our daily lives. Importantly, they can be used by lay people and professionals.

We recognize the training and skills of our healthcare professionals. If we, God forbid, suffer a heart attack, have difficulty breathing, serious bleeding, broken bones, etc., please call 911. We are not trying to work in that area and we are very strict in teaching our students to respect the heroes in what Dr. Thie liked to call, the area of *Heroic Medicine*. But, these services are extremely expensive and are needed for the truly serious situations. For many of the common, everyday issues that face us, Complementary and Alternative Medicine offers many benefits when used and applied properly.

A Comparison of CAM and Modern Medicine

Area	CAM	Modern Healthcare
COSTS:	Low – Moderate	High
INVASIVENESS:	Low	Moderate - High
RISKS:	Low	Moderate - High

President Obama, I applaud you for taking on a very difficult problem facing Americans. Healthcare affects the cost of our cars and every product and service provided in America. So, if you can solve problems in this area, you are helping many... families, big business, small business, the overall economy and our ability to compete in the world.

What can you do as President?

1. Expand the Debate to include Complementary and Alternative Models
2. Encourage Health Freedom Bills
3. Recognize contributions of CAM
4. Encourage Research into CAM
5. Encourage Insurance and Medicare Coverage of CAM
6. Restrict attacks by the Medical Establishment and Pharmaceutical Lobby

We can relate to a recent experience of yours, Mr. President! We read where you and your wife received criticism from the Agrichemical Industry for planting an Organic Garden at the White House!⁵ Like you, Mr. President, we believe that it is our right to be able to pursue the healthiest options available to us and I applaud your demonstration of these principles.

Like you, we also see opposition to our efforts by the medical, pharmaceutical and agrichemical industries. We seek your leadership in recognizing our contributions and place in the solution and we seek your protection from stronger forces whom may feel threatened.

Why is there a healthcare crisis?

Healthcare costs... continue to rapidly rise. Costs rising at 6.9% per year⁶, twice the rate of inflation. Up 119% between 1999-2008 for business premiums.⁷ Business increasingly can not afford premiums
Families can not afford premiums. 45.7 million Americans could not afford health insurance in 2007.⁸ That was BEFORE the current economic crisis.

Lower cost and more cost-effective alternatives like Touch for Health and the energy kinesiology are being ignored.

Access to healthcare is being restricted by the rising insurance rates and the refusal of Insurance Companies to offer coverage to those with pre-existing conditions. Because of the high costs, Insurance Companies are also refusing to cover certain procedures.

Mr. President, I was a pioneer in the application of the microprocessor, and later the Personal Computer for solving complex problems for some of the largest organizations in the world. I started my own high tech computer consulting and custom software development firm in 1986 and in 2009 I entered my 23rd year in business. There have been times during this period where I saw Insurance Costs go out of my reach as a small businessman. Our knowledge and experience in Touch for Health was very helpful once we were shut out of the healthcare coverage system. 47 million Americans were in that same place BEFORE the current economic crisis. What is that number now?

Insurance companies are primarily determining access and dictating care in the U.S. today. There is also an increasing use of Emergency Rooms for standard and non-emergency issues due to lack of insurance. In a study of the world's healthcare systems, the World Health Organization ranked the U.S. 37th in the world in Quality and Accessibility.⁹ We can do better.

Volume... our healthcare system has evolved into a network of specialists using expensive high-tech systems for diagnosis and treatment. There are not enough of these to meet the demands and their costs prohibit purchase so the volume of patients exceeds the ability to meet their demands and the costs are so high that people are being excluded.

Standard Usage rates challenge the healthcare system, Baby Boomers will tax the system, the uninsured tax the system, the undocumented residents tax the system, all while emergencies overload the system and Pandemics and Epidemics have the potential to cripple the system. How will healthcare be delivered then?

Focus on Disease and not Wellness... as Dr. Thie said, there is much more to being healthy than just the absence of disease. Currently, the focus of mainstream healthcare is curing disease and not on helping people stay healthy. Those are two different points of reference. Our system seems to be good at saving lives but, not so good at helping people remain healthy.

Inherent Dangers... anytime the body is invaded, it tries to initiate a response to keep the body healthy. We know from NIH studies that the healthcare system has inherent dangers: Drug Side Effects, Drug Interactions and Medical Mistakes are a Leading Cause of Death.¹⁰ Also the occurrence of Antibiotic-Resistant Bacteria is increasing.¹¹

Sometimes, to save a life, these inherent dangers must be carefully weighed by individuals before choosing treatments, procedures or prescriptions. But, if there were a safer way, would it not automatically be a healthier alternative?

Alternatives are being ignored even though the scientific evidence is increasingly providing positive results.

For many years, we have seen improvements that occur sometimes almost instantly and have searched for the answers to explain the results that we were experiencing. Recent scientific studies are beginning to provide answers through science for the effects we see when using our techniques. When we are using Acupressure, we are using the same energetic meridians of Acupuncture but we use non-invasive touch rather than needles to achieve similar results.

In 2004, a U.S. NIH Study showed, "Acupuncture provides pain relief and improves function for people with osteoarthritis of the knee and serves as an effective complement to standard care. Overall, those who received acupuncture had a 40 percent decrease in pain and a nearly 40 percent improvement in function compared to baseline assessments."¹²

Candace Pert, PhD, is a former research scientist at the NIH on the team that discovered Opiate Receptors and the biochemical feedback loops in the body between Neurotransmitters, Polypeptides, Hormones and other informational substances that the body produces and uses. She states, "My research has shown me that the body can and must be healed through the mind, and the mind can and must be healed through the body."¹³

She continues by saying, "I think something we are skipping in our discussion of practical applications for mind-body health is body work: the touch therapies of massage, chiropractic, and any other modality that includes the body as a means of healing the mind and emotions."

Pert continues... "...information belongs to neither mind nor body, although it touches both. We must accept that it occupies a whole new realm, one we can perhaps call the "inforealm," which science has yet to explore."

These biochemical and electrochemical feedback loops that were discovered by Pert and her team help explain many, but not all the effects we routinely experience in Touch for Health and the energy kinesiologyes.

David Feinstein, Ph.D., a leading researcher into the nascent field of Energy Psychology reports, "Electromagnetic frequencies are a hundred times more efficient than chemical signals such as hormones and neurotransmitters in relaying information within biological systems, a calculation based on research conducted in the 1970s by Oxford University biophysicist C.W.F. McClare."¹⁴

Physicist and Researcher, James Oschman, Ph.D., the author of the book, *Energy Medicine, the Scientific Basis*, states, "The connective tissue and cytoskeletons together form a structural, functional, and energetic continuum extending into every nook and cranny of the body, even into the cell nucleus and genetic material. All forms of energy are rapidly generated, conducted, interpreted, and converted from one to another in sophisticated ways within the living matrix."¹⁵

Dawson Church, Ph.D., a leading researcher into the connection between thoughts and the resulting effects upon the body states, "Electricity is generated by either the manual piezoelectric stimulation of certain points (acupuncture, acupressure, energy tapping), by distant electromagnetic fields, by quantum fields (non-local healing), or by an electrical device such as a pacemaker or a TENS unit."¹⁶

Church continues, "This crystalline structure of the collagen molecules that make up your connective tissue has a remarkable property: it is a semiconductor. Semiconductors are not only able to conduct energy in the way the wiring system in your house conducts electricity quickly from one point to another. They are also able to conduct information."

And in his book, *The Genie in Your Genes*, Dr. Church summarizes that our thoughts can effect our body's ability to produce healthy cells by stating, "The signals from our brains are communicated via the matrix of energy conduction within our bodies constantly. Every thought you think is echoing through your connective tissue communication system, turning genes on and off, producing either stress responses or healing responses. This undertaking opens a vast new panorama of potential self-healing."

Mr. President, we understand that the Healthcare Crisis started BEFORE the recent Economic Crisis and before your taking office. The current healthcare system is much too expensive and too many people are being shut out. There is a large need for a model of self-responsibility and personal empowerment like Touch for Health, the other energy kinesiologies and many other CAM models represent.

In summary, Mr. President, as a nation and world, we need long-term, cost-effective solutions that focus not only on illness, but also Wellness and the ability of people to maintain their own daily health. Do you give a man a fish or do you teach a man how to fish? We teach people how to fish and empower them with options to improve the health of others and themselves.

I ask of you, Mr. President, please change the debate, to include Complementary and Alternative Modalities such as Touch for Health and similar disciplines. We need holistic approaches in an overly-specialized world. I believe that by utilizing safe and cost-effective Complementary and Alternative Techniques is the only way to achieve a

Mr. President, I would like to personally invite you to our TFHKA – EnKA – IASK International Conference to be held at the Hyatt Dulles, July 17 – 20, 2009. We will have experts from around the world at this conference and you can see for yourself some amazing demonstrations of the capabilities of these disciplines. My talk will be 1:15 pm Monday, July 20. I hope to see you at our conference. I have enclosed brochures for you.

In touch,

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