



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.