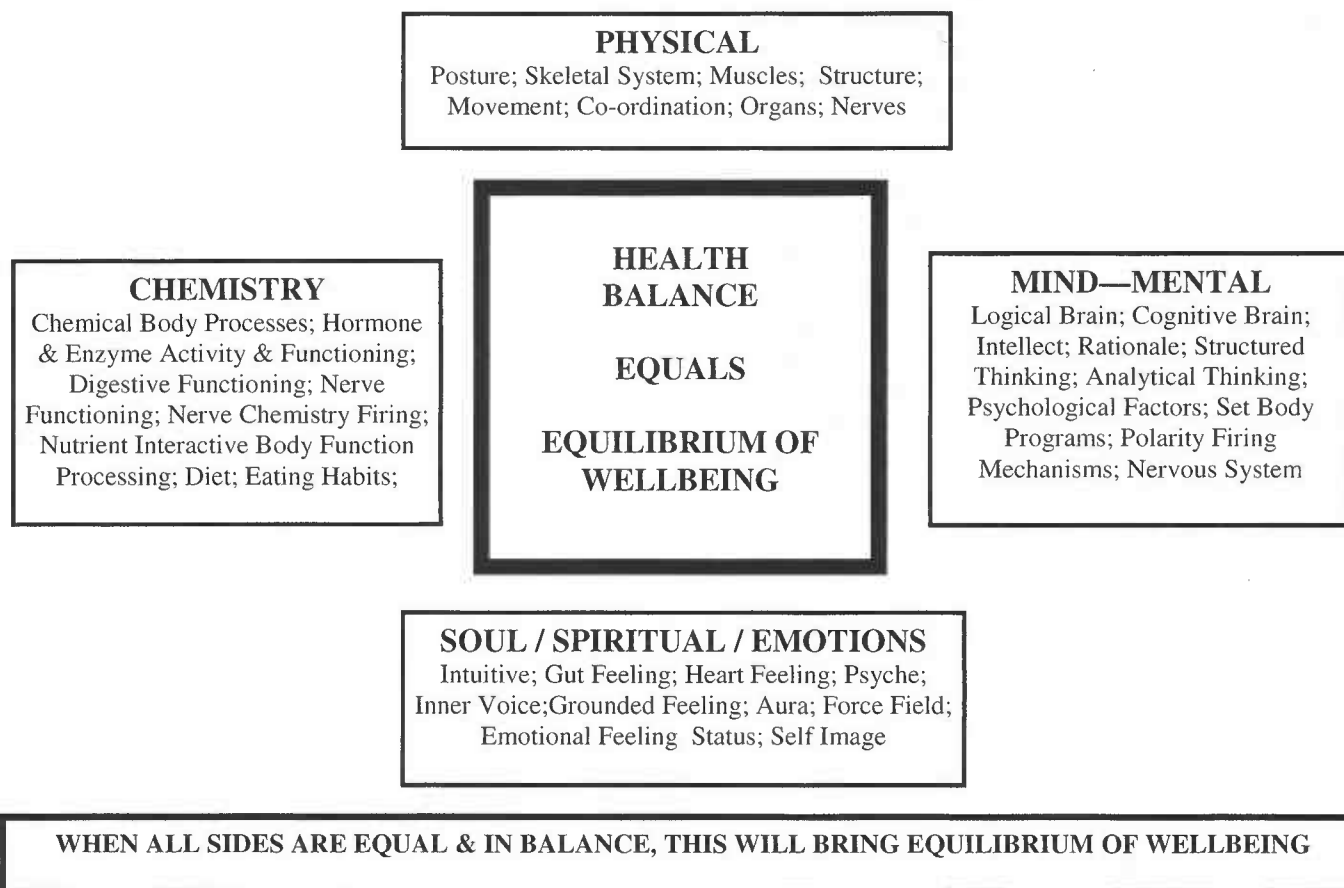


Applications Using the Equilibrium of Health Square

By John Holodnak

THE EQUILIBRIUM OF HEALTH SQUARE



The Development of the Square

For many years the "Triad of Health", has been seen and used (eg - Touch for Health manual and other health related literature). The "Triad of Health" and the equilateral triangle has represented Mind – Body – Soul or Physical – Chemical – Emotional, etc. Over years of working with these triangles I have felt there was a missing element. What I have realised is there are actually four components to our makeup, not three. Each of the four can be separate entities but have influences over each other.

What I realised also there was an association to the numerology number of 4 (square). The numerology

number of 4 relates to the practical world of living, present time living, reality, doing, creating, planning, actioning, movement, momentum, manifesting

- 4 = relates to the practical world we live in
- 4 = relates to our practical experiences that need to be experienced
- 4 = 4 sides of the square related to our health balance, **the equilibrium of health & wellbeing**

We are part of the elements of air, earth, water and fire. There are 4 functions that relate to sensation,

feeling, logical thought and intuition. There are 4 components of us, physical, chemical, mental and emotional – spiritual.

Physical

The physical side is about our physical structure (bones, muscles, tendons, ligaments, cells, organs, nerves, etc). These are the hardware components of ourselves, which also involves the movement of the body as this is mechanical (walking, running, twisting, bending, extending, etc).

The associated observed patterns can be seen with movement, coordination and balance.

Some associated kinesiology applications are covered by Touch for Health(TFH); Neural Organisation Technique (NOT); Edu-K.

Chemical

The chemistry side covers chemical processing and regulating our bodies. One process relates to converting food fuel into useable fuel (nutrients – sugars, fats, carbs, starches, vitamins, minerals, trace elements, proteins, amino acids, etc) for different functions and processes the body requires to operate and regulate efficiently. Also, breaking food down through the digestive system to enter the blood system (nutrient carrier), to be transported to body organs, glands and cells so specific set programmed roles and functions can be fulfilled. The set programmed roles for elimination systems are covered under this as well. Regulation of body functions are assisted by hormones, co-enzymes, enzymes, nervous system and the firing mechanisms which require nutrients to assist with efficiency for the physical, mental and emotional systems. Even within the cell's DNA replication process there is a chemical reaction for energy production (ATP). Using an example, the sex hormones influence approximately 80% of all bodily functions and processes, the way we think, feel and respond to different stimuli, physically, chemically and emotionally.

The associated observed patterns are seen through skin, nails, iris, sclera distortions and discolourations and changes in blood chemistry, allergy issues, etc.

Some associated kinesiology applications are covered under TFH; ICPKP; BKP; Applied

Biokinetics where chemistry sides of the body are addressed.

Mind - Mental

The mind–mental side is where logistical set programmed functions occur which are pertinent to various bodily functions (ie. heart beat and rhythm; breathing rate and rhythm). The firing mechanisms are polarity based with varying positive and negative potentials relating to different current and voltage rates, as well as various electromagnetic intensities around cells in the body. This relates to the electricity potential, which is part of nerve firing, impulses and stimuli that activate various bodily functions (ie, nerve impulses down the spinal column; and nerves to activate muscles for body movement) and we need a certain amount of electrical potential for activities to occur in both conscious and subconscious programs. Learnt programs go initially into the conscious mind then further log into the subconscious mind to become automatic programs (learning to walk, riding a bike, driving a car, habits, etc) which associate to robotic types of programmed patterns. Similar to a computer, these are set written programs.

The associated observed patterns are seen through structure function facial traits; types of body movements and actions; behavioural patterns, etc.

Some associated kinesiology applications are covered under Applied Physiology (AP); LEAP; Edu-K; NOT; etc.

Each of these three sides/aspects of ourselves have the same characteristics for us all, no matter who or what we are (male, female, animal, mammal, etc). What makes us individual and creates personal identity with the way these functions operate and activate is related to the fourth side - the soul, spiritual and emotional side.

Soul – Spiritual - Emotional

The soul, spiritual, emotional side relates to our individualism and has no physical substance or hardware. It has associations to our five input senses (vision, hearing, taste, smell, touch). It is all mainly software that is stored holographically or energetically in the body cells, chromosomes, DNA, chakras and auric levels. The storage of this individualism is held by a certain combination potential charge (+ve and/or –ve,

electromagnetically) which can be held consciously, subconsciously, cellular level, DNA level, chakra and/or auric level (computer software is modeled the same). Everything that we do and experience connects with an associated feeling emotion. Depending on how we respond will be determined on the interpretation of the input 5 senses along with the associated feeling emotion. Interpretation can be past fear based or present time open minded based without conditions or something inbetween. Our past conditioning is related to interpretation experiences which are actual feeling based experience interpretations which are stored in the body. With every action, process, movement, etc that is done, there is an associated feeling emotion which can be either positive or negative (willingness or resistance). Our inner voice (self talk) can be strongly influenced by all of the above and influences our self image and whether we move backwards, forwards, stay stuck, be inspired, determined, resentful, fearful or phobic. This makes driving your car very individual, as some drive slow, cautiously, fast or something in the middle, depending on the interpretation of what is in front of them and/or around them. When individuals have a sense of something is not quite right (intuitiveness, psyche, gut feeling, etc), it is the change of electromagnetic charge or reactive or distorted energy that influences or reacts, which in turn makes individuals respond accordingly (welcoming or feeling threatened). This is related to living or surviving in the past, present or future according to the memory software programming.

The soul, spiritual, emotional side of us creates an imprint on every factor of the other 3 sides and can have impacts on our conscious and subconscious programs. They become all intertwined. Using an example of walking, we can have enthusiasm so we walk upright with zest or there can be an unwillingness, which can bring a poor posture and a shovel of the feet. Poor eating habits can affect our posture, it will affect our mind – mental facilities by putting it into scramble and also put a dampening on the energy mass. Again, with every action, process or movement that is done, there is an associated feeling emotion which can be either positive or negative (willingness or resistance).

The associated observed patterns are seen through behavioural response patterns; emotional posture

patterns; auras; individual iris and sclera patterns; etc.

Some associated kinesiology applications are covered under Three In One Concepts; Counselling Kinesiology; Neuro-Training; TFH Metaphors; Spiritual Kinesiology; etc.

Application Balancing Protocol

Essential Pretests before starting:

- Body Hydration
- Switching on for Brain & Body Integration
- Brain (CV) & Spine (GV) Meridian Energiser
- Thymus Gland Energiser Tap
- Walking Gait – Brain Integration & Coordination
- Calf Muscle & Achilles Tendon Release
- Cross Crawl Integration

Application - Demonstration 1 Procedure

Using the “Equilibrium of Health Square”

Test for:

- Priority side affected that is under challenge
- Component of the affected side (chemical → hormonal → adrenal)
- Any Reactive sides of the Health Square? If yes, which sides and what components of the affected sides
- Priority emotion using appropriate Emotional Charts
- % negative stress; % happiness; % willingness to change / improve
- Time factors - (past, present, future)
- Kinesiology Balance required
- Important to clear unwanted baggage;
- Willingness to regain balance (work rest & play); regain happiness; % willingness to respect and to honour self and others (as appropriate).

Application – Demonstration 2 Procedure

Nutrition in Relation to the Health Square

When nutrition comes up as a correction then this can be further opened up.

Nutrition for the Physical

Doing Alone - general movement; walking; running; swimming; sport; playing; sleeping; sitting; etc
Doing with Others – sport; walking; activity play; etc.

Nutrition for the Chemical

Food - general balanced eating; constitutional body type eating; blood sugar type eating; blood type eating; specific directional eating for assisting particular body areas; eating timing; protein; vegetables; carbohydrates; sugars; fruit; fats; legumes; water; liquids; stimulants; sedators; Supplements – vitamins; macro, micro, trace minerals; amino acids; fats; herbs; homeopathics; essences; Fresh air; breathing;

Nutrition for the Mind – Mental

Alone – reading; meditation; sleeping; general or specific exercise; crosscrawl exercises (Brain Gym type); computer games; work; positive personal challenges; writing; etc
Group participation – social; sport; chess; draughts; board/ card games; work; team participating challenges; etc.

Nutrition for the Soul / Spiritual / Emotional

Alone – meditation; reading; prayer; affirmations; quietness; writing; talking aloud to the wall (this is talking to the other sides of you); crying; laughing; smiling; singing; music; watching a TV show / program; open space; country air; sitting by the water, ocean, etc; being with pets / animals; etc.
Group – family gatherings; friends & socialness; parties; playing with your children; laughing; smiling; choir singing; movies; shows; etc.

Application – Demonstration 3 Procedure

When working within a balance, there are times when the strengthening technique or correction may relate to nutrition / supplements / herbs / homeopathics / etc. For the purpose of this demonstration application example, herbs will be used and tested with accordingly. Referral to the below Herbal Classification will be used for the application demonstration.

Test for:

- Physical; chemical; mental; emotional/spiritual. (As in Herbal Classification below.)
- Within each classification – (as under physical → structural or pain & inflammation)
- Which herb(s).

- Appropriate way to be taken: -
Liquid, dried; fresh; powdered; tablet form; tea; poultice; succus; food (spices, garnishes, etc); body care (skin care, perfumes, body lotions, soaps, etc); fragrances (personal, home, etc); gardening (growing them around own home environment).
- Dosage: - large doses (tablespoon, teaspoon); small doses (mls, drops); homeopathic doses; homeobotanical doses; blended doses/ combinations.

HERBAL CLASSIFICATION ACCORDING TO THE HEALTH SQUARE

Physical Factors

Structural

Oats, Comfrey, Horsetail, Fenugreek

Pain and Inflammation

Willow Bark, Prickly Ash, Horsetail, Oats, Comfrey, Hawthorn, Gota kola, Cats Claw, Celery, Astragalus

Chemistry Factors

Sex Hormones

Sex hormonal imbalances (females & males), libido)

Chastetree, Paeony, Don Quai, Blue Cohosh, False Unicorn, True Unicorn, Golden Seal, Crampbark, Raspberry, Calendula, Sarsparilla

Female Menopause

Don Quai, Wild Yam, Sarsparilla, Shaktavari, Muira Puina, Horny Goat Weed,

Male Menopause

Sarsparilla, Damiana, Muira Puina, Horny Goat Weed

Thyroid Hormones

Bladderwack, Coleus, Yellow Kelp, Bugleweed

Adrenal Hormones (adrenalin, cortisol)

Licorice, Withania, Polygonum, Siberian Ginseng, Korean Ginseng, Rosehips, Rehmannia

Glucose Hormones

Jambul, Goat's Rue, Licorice, Cinnamon, Stevia

Digestion

Marshmallow, Slippery Elm, Meadowsweet, Lemon Balm, Barberry, Gentian, Cinnamon, Pomegranate, Pau D'arco, Peppermint, Aloe, Paw Paw, Liver

St Mary's Thistle, Andrographis, Dandelion Root, Schisandra, Bupleurum, Globe Artichoke, Turmeric,

Lung

Mullein, Elder Flowers, Eyebright, Albizia, Horseradish, Garlic Succus, Hyssop, Euphobia, Tylophora

Excess Acidity

Meadowsweet, Barberry, Clivers, Calendula,

Immune

Echinacea, Andrographis, Olive leaf, Qing Hao, Astragalus, Chinese Wormwood, Black Walnut, Cat's Claw, Clivers, Calendula, Bloodroot, Nettles Leaf, Albizia, Goji, Bupleurum

Skin

Red Clover, Burdock, Yellow Dock, Nettles, Bloodroot, Heartsease, Sarsaparilla, Chapperal, Ribwort, Queen's Delight

Mind – Mental Factors

Calming

Lemon Balm, Chamomile, Crampbark, Passionflower, Hawthorn, Cinnamon, Oats, Lavendar, Skullcap, Ginger, St John's Wort, Limeflowers, Motherwort

Stimulation

Oats, Bacopa, Siberian Ginseng, Bladderwack, Kelp, Kola nut, Withania

Sleep Enhancement

Passionflower, Zizyphus, Hops, Lemon Balm, Hawthorn, Motherwort, Kava, Valerian, Lesser Periwinkle

Emotional, Spiritual

Balance, Feeling Centred & Harmonising

Hawthorn, Motherwort, Lemon Balm, Rhodiola, Oats, St John's Wort, Hops, Kava, Licorice

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QUALIFICATIONS

Bach Health Science - Dipl App Science
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Grad. Dipl Acupuncture
Certificate IV Workplace Training & Assessment
Senior ICPKP Kinesiology Faculty Trainer; Touch for Health Instructor & Proficiency Assessor

AFFILIATIONS

Australian Kinesiology Assn – Reg Adv Kines Practitioner (RAKP)
Australian Institute of Kinesiologists - Associate Fellow Member
Australian Traditional Medicine Society (ATMS Reg. No. 1841)
International Iridology Professional Association (IIPA)

KINESIOLOGY AREAS OF TRAINING

Touch for Health – Three in One Concepts – Hyperton-X – Neural Organisation Technique (NOT)
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