

*Bio-Energetic Kinesiology - The HK System  
developed by Dr. Jimmy Scott*



**HK 1 MANUAL**  
Ann Parker



*Find your Way with HK*



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Although this Manual is based on Dr. Scott's HK 1 Manual, the originator of the Health Kinesiology System, I have chosen to simplify the setting up of the Energy Correction Factors and summarize all the important theory from his Manual. It has been work in progress since the first HK class I taught in February 1994. It may not be translated, reproduced, shared or copied by any means without permission from Ann Parker, Health Kinesiology UK, Australia and New Zealand.



I have been an Health Kinesiology practitioner since early 1990 and over the intervening years attended all the advanced HK workshops taught by Dr. Scott, Jane Thurnell-Read and Amanda Brooks. I have taught over 400 HK classes, since running my first HK class in 1994, sharing my passion for HK with students in the UK, in Germany, in Australia and New Zealand. I graduated from the Queensland Teachers College, in Australia and taught for twelve years in mainstream education in Australia and Canada and have a Bachelor of Arts degree from the UK Open University, majoring in mathematics. I am authorized to teach HK 1 to HK 10 and have received a 'Certificate of Appreciation' from Dr. Scott for my contributions to HK.

From August 1996 to March 2003, I was a member of the working party which produced the draft for the UK government to set the Kinesiology National Occupational Standards. KNOS was officially recognized in April 2003. I also served on the UK Kinesiology Policy Board for a number of years. At the 2006 International Kinesiology Conference in Keele, Staffordshire UK I was thrilled to be commended as 'the most inspiring Kinesiology tutor in the UK'. From 2000 to 2008 I was Head of HK UK until I moved to NZ for a number of years. During my time in NZ I started researching the Eight Extraordinary Channels, the original Energy Flows which integrate, strengthen, store and regulate the flow of Chi and Blood in the Twelve Bilateral Meridians. The 4 APEC courses (Accessing the Power of the Extraordinary Channels) have been jointly developed with Sandie Lovell KFRP MFHT and shared with practitioners in the UK, Australia and NZ.

I am a professional member of two professional organizations in the UK – the Kinesiology Federation and the Federation of Holistic Therapists as well as the Australian Kinesiology Association.

**The Health Kinesiology Training programme is recognized in the UK as Advanced Kinesiology training by both the Federation of Holistic Therapists and the Kinesiology Federation.**

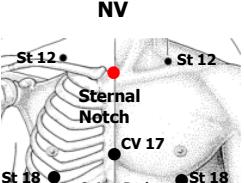
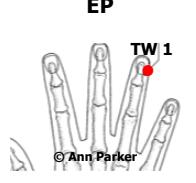
## STEPS TO ACHIEVE MERIDIAN ENERGY BALANCE

**Preliminaries** - Initially you may have to do the lock/unlock several times for them to get a feel of the muscle response.

STEPS	What to Ask/Say	What to Do
1. Touch in	<b>Say</b> , "I am just touching in to allow the energy to settle between us."	Touch arm of client with both hands and allow the energy to settle
2. Check Indicator Muscle ( <b>IM</b> )	<b>Say</b> , "To be able to do HK together I need to find a working muscle. I prefer to use this one." Rub it gently. <b>Ask</b> , "Please use just enough strength to hold your arm at right angles to the couch now meet my pressure"	Place arm in correct testing position <b>Do all the muscle testing very lightly</b> 1. Test muscle in the clear ↑ 2. Squeeze (pinch down and in) Muscle ↓ 3. Smooth out (un-pinch) muscle ↑
3. Check Element Evaluation Points ( <b>EEPs</b> )	<b>Ask</b> , "May I touch above and below your lips?" <b>Ask</b> , "Would you indicate through your clothes where your navel is please?" <b>See diagram on next page</b>	Touch Locate ( <b>TL</b> ) above and below the lips, <b>if ↓ go to no. 4.</b> If ↑ then <b>TL</b> around navel to find Element in over energy. Stop at first one that <b>TLs ↓</b> and go to <b>no. 4. If ↓ at 5/6 go to the diagrams on the next page</b>
4. Check Reflex Evaluation Points ( <b>REPs</b> )	If necessary ask again – "Would you indicate through your clothes where your navel is please?" <b>See diagram on next page</b>	<b>TL</b> Reflex Evaluation Points (NL, NV, SED, EP) to find Reflex in over energy Stop at first one that <b>TLs ↓</b> and go to <b>no. 5.</b>
5. Meridian Energy Balance ( <b>MEB</b> )	<b>Points NL pages 4/5 ♦ NV pages 6/7 ♦ Sed pages 8/9 ♦ EP pages 2/3</b>	<b>Hold respective points</b> until <b>MEB</b> complete -Yawn, sigh, pulse etc <b>Recheck EEP from no. 3 ↑</b>
6. MEB complete?  Psychological  Physiological  Electro-magnetic	<b>Client places mid-point of palm over navel</b> <b>(i) A General check</b> "Meet my pressure" <b>(ii) The specific HK checks –</b> "Would you say 'No'?" "Would you say 'Yes'?" "I am just going to squeeze your leg muscle" "I am now switching the muscle back on"  "I am just checking your electro- magnetic energy system"	With midpoint of palm over navel – you test <b>IM ↑</b> Test <b>IM ↓</b> Test <b>IM ↑</b> Squeeze (Pinch) into quads and test <b>IM ↓</b> Un-pinch the quads and test <b>IM ↑</b> Place NS magnet on quads and test <b>IM ↓</b> Place SS magnet on quads and test <b>IM ↑</b>
7. Verbal question <b>with palm OFF navel</b>	<b>(1) Ask</b> , "Do we have energy permission to work together right now?" ↑  <b>(2a) Ask</b> , "Is there any reason why we should not work together right now?" ↓ <b>Start Session</b> <b>(2b) If ↑</b> Go to list <b>(b)</b> on next page.	<b>If ↓ ask</b> , "Do we have permission to ask further questions?" <b>If ↑</b> Go to list <b>(a)</b> on next page. <b>If ↓ stop the session</b> , explain to client their body is not ready for a kinesiology session right now for some reason <b>ask</b> , "When may we work together with HK – at least one week?"

Steps to Achieve Meridian Energy Balance continued

What if it's Elements 5 or 6?

<p>If Element 5/6 TL ↓ you need to check points within the flows that are not common to Element 5 and Element 6 so if the REP that TLs ↓ is</p> <ul style="list-style-type: none"> <li>▪ <b>NL</b> try hand over <b>pubic bone</b> first ↓ - hold NL 5</li> <li>▪ <b>NV</b> try finger in <b>base of throat</b> ↓ - hold NV 5</li> <li>▪ <b>SED</b> try <b>TW 10</b> ↓ - hold SED 5</li> <li>▪ <b>END</b> try <b>TW 1</b> ↓ - hold EP 5</li> </ul>	 <p><b>NV</b> St 12 • Sternal Notch CV 17 St 18 • © Ann Parker</p> <p>The Sternal Notch is at the base of throat</p>	 <p><b>SED</b> Posterior Upper arm one cun = a thumb width TW 10 Elbow joint © Ann Parker</p> <p>Place hand on your shoulder and move up the arm one thumb width to drop into the first dip</p>	 <p><b>EP</b> TW 1 © Ann Parker</p> <p><b>Ring finger Lateral</b></p>
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Questions from Step 7 nos. 2a and 2b

**(a)** Client's body may not be ready for Energy work right now or they may need to see another professional first

- Acupuncturist, Doctor, Body Worker (Bowen, Reflexology, Massage)

**(b) Ask,** "Permission to ask further questions?"

If you get a ↓ then **STOP** the session and re-arrange to meet again soon.

If you get a ↑ then the possibilities to consider are –

**(i)** Are they physically comfortable? – Need toilet? Warm enough? Cool enough? Head and shoulders supported?

**(ii)** Need to change the direction of the couch or the direction the client is lying?

**(iii)** Remove something from the working space or bring something in?

**(iv)** Client has an important engagement coming up and needs all their energy for that – book them in for as soon as possible after said engagement

**(v)** They may just need reassurance that everything they have told you is confidential.

# HK 1 Reference Manual

**Step 3 on Table for the MEB – ELEMENT EVALUATION POINTS (EEPS)**  
 Test the EEPs in numerical order – Stop at the first one that TLs  $\downarrow$  and move onto the REPs  
 Use the navel as your reference point – all the EEPs are one cun (a thumb width) from the navel and equally spaced on a five pointed star

**Element 0 – GV/CV**  
 (i) Both above and below the lips  
 If TLs  $\downarrow$  go to the REPs  
 If TLs  $\uparrow$  ask client to indicate their navel through their clothes  
 (ii) Touch navel lightly  
 If TLs  $\downarrow$  go to the REPs  
 If TLs  $\uparrow$  move on to Element 1

**Element 1 – GB/Liv 12 minutes to hour**  
 If TLs  $\downarrow$  go to the REPs  
 If TLs  $\uparrow$  move on to Element 2

**Element 2 – B/K 24 minutes to hour**  
 If TLs  $\downarrow$  go to the REPs  
 If TLs  $\uparrow$  move on to Element 3

**Element 3 – LI/Lu 24 minutes past the hour**  
 If TLs  $\downarrow$  go to the REPs  
 If TLs  $\uparrow$  move on to Element 4

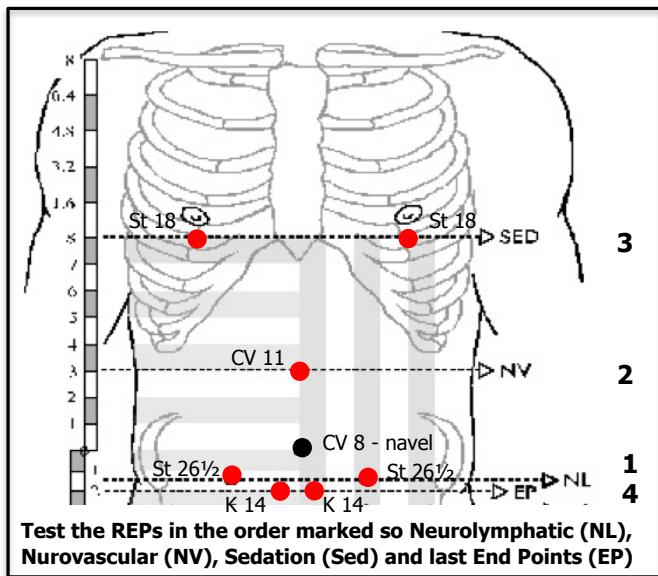
**Element 4 – St/Sp 12 minutes past the hour.**  
 If TLs  $\downarrow$  go to the REPs  
 If TLs  $\uparrow$  move on to Elements 5/6

**Elements 5 (TW/CX) & 6 (SI/H) at 12 o'clock**  
 If TLs  $\downarrow$  go to the REPs then touch an area or point that is not common to both Elements

If TLs  $\uparrow$  place mid-palm over navel and go through the HK checks to ensure client is balanced

**REFLEX EVALUAION POINTS (REP)**  
 Use the **client's navel** as your Reference Point again. Stop at the first REP to TL  $\downarrow$ .

- NL** St 26 ½ bilaterally – 2 finger widths down and then 3 finger widths out (in acupuncture terms St 26 ½ is level with CV 6 which is 1 ½ cun down from the navel)
- NV** CV 11 one point midline – 4 finger widths up (in acupuncture terms CV 11 is 3 cun up from the navel)
- SED** St 18 bilterally – under the nipples in the 5<sup>th</sup> intercostal space
- EP** K 14 bilterally – 3 finger widths down fromn the navel and 1 finger width out (in acupuncture terms K 14 is level with CV 5 which is 2 cun down from the navel)



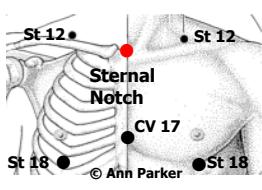
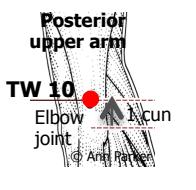
**Step 4. HOLD THE RESPECTIVE POINTS FOR THE ELEMENT AND REFLEX THAT TL'd DOWN**

You will with time get a signal to say the Energy has changed - the usual ones are a yawn, a pulse beating in synch in each of the fingers, a relaxation of the diaphragm or a sigh. However, if you get your own personal signal that will be a different sensation to ones you normally experience just go with it.

**Because we are dealing with over-Energy to achieve the Meridian Energy Balance we rarely hold the Activation Energy flow at this stage unless the client's Energy system is severely compromised.** To validate Activation Points for a correction, touch lightly the Activation REP St 28 bilaterally (halfway between top of pubic bone and navel, one finger up and out three finger widths). To validate the Element check TW 3 for Element 5 and SI 3 for Element 6.

**WHAT IF IT'S ELEMENT 5/6 – GO STRAIGHT TO THE REPs – touch them lightly**

1. Neurolymphatic REP - **St 26 1/2 bilaterally** (Two finger widths down from navel and three finger widths out) – **If NL REP TLS ↓, then it's NLs. The NL area that is not common to both Elements 5 and 6 is the pubic bone.** If IM TLS ↓, **then it's NL 5 you need to hold.** If IM TLS ↑, **then it's NL 6 you need to hold.**
2. Neurovascular Flow REP - **CV 11** (Four fingers up from the navel on the midline – one point only) – **If NV REP TLS ↓, then it's NVs. An NV point not common to both Elements is the sternal notch of throat.** If arm TLS ↓ **then it's NV 5 you need to hold.** If IM TLS ↑, **then it's NV 6 you need to hold.**
3. Sedation Flow REP - **St 18 bilaterally** (Under the nipples in line with the bottom of the sternum) – **If Sedation REP TLS ↓, then it's Sedation. A SED point not common to both Elements is TW 10 on the posterior arm one finger width above the elbow-joint.** If IM TLS ↓ **then it's Sedation 5 otherwise it is Sedation 6.**
4. End Points Flow REP - **K 14 bilaterally** (3 finger widths down from navel and one finger width out) – **If EP REP TLS ↓, then it's EPs. No common End Points for Elements 5 and 6 so use either TW 1 or CX 9. If IM TLS ↓ then it's EP 5 otherwise it is EP 6. You can quickly validate by touching either the SI 1 or H 1.**

<p><b>If Element 5/6 TL'd ↓</b> you need to check Points within the flows that are <b>not common to both</b> Element 5 and Element 6 so if the REP that TLS ↓ is</p> <ul style="list-style-type: none"> <li>▪ <b>NL</b> try hand over <b>pubic bone</b> first ↓ - hold NL 5</li> <li>▪ <b>NV</b> try finger in <b>base of throat</b> ↓ - hold NV 5</li> <li>▪ <b>SED</b> try <b>TW 10</b> ↓ - hold SED 5</li> <li>▪ <b>END</b> try <b>TW 1</b> ↓ - hold EP 5</li> </ul>	 <p>The Sternal Notch is at the base of throat</p>	 <p>Posterior upper arm TW 10 Elbow joint Place palm on your shoulder move up the upper arm a thumb width and drop into a dip</p>	 <p>Ring finger Lateral</p>
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**Steps to Complete the Meridian Energy Balance**

**Step 5. CHECK THE BALANCE IS COMPLETE AND LOCKED IN – STOP** if the EEP check fails, go back and continue holding the Points for a little longer. If EEP tests ↑ but the midpoint of palm over navel (General Check) fails then you have missed something so go back and re-check all the EEPS.

**5a** Touch the **EEP** for the Element you held to balance and test – Looking for ↑

**5b** Place midpoint of palm over the client's navel and do the **General Check** – Looking for ↑

**5c** Keeping the midpoint of palm still over the navel go through the 3 specific HK checks -

(a) Psychological Check. Ask client to say, 'No' ↓ Ask client to say, 'Yes' ↑

(b) Physiological Check. \* Squeeze (tweak) one of the client's quads ↓ Smooth out the squeeze ↑

(c) Electro-magnetic Check. \* Place a NS magnet to the quads ↓ Place a SS magnet to the quads ↑

\* **If working on yourself** and using one of your quads as your IM then be sure to squeeze or place the magnet on your other leg.

Only after for all the checks give the correct responses may you ask for **ENERGY PERMISSION TO WORK** and will verbal questions give you an accurate answer from the client's body wisdom

**(i)** "Do we have Energy Permission to work together **right now?**" Looking for ↑ **(ii)** "Is there any reason why we should not work together **right now?**" Looking for a ↓

**If you get the incorrect responses see page 2**

Every Energy Worker will with time get a signal to say the Energy has changed - the usual ones are a yawn, a pulse beating in sync in each of the fingers, a relaxation of the diaphragm or a sigh. However, if you get your own personal signal that will be a different sensation to ones you normally experience just go with it.

**Your personal notes:**

## HOW TO ORGANISE YOUR SESSION

### Step 1

Discuss the case history the client has completed and make sure it is signed.

### Step 2

Touch in gently to client- both hands on their arm nearest you. **Tell them** "When we work with HK we become one Energy System so I am just touching in to let the energies settle between us." Always warn client to "meet your pressure" just before you apply **light sustained** pressure. The settling of the energies allows the client's Energy System to become aware on some subtle level of how a balanced Meridian Energy System 'looks', 'functions' 'feels like'. So, the more robust your own Energy balance becomes over time, the stronger the mirror image will be for the client to copy and the less time they will take to come into balance.

- **Say**, "To be able to do HK together I need to find a working muscle. I prefer to use this one. Rub the Brachioradialis gently. **Say**, "Please just hold your arm up in this position and I will apply light pressure like this. You only need to use enough strength to hold the arm in place." Apply the pressure and **say**, "Meet my pressure" and test the muscle. **Say**, "As you can see the muscle locks." ↑ Do this as many times as it takes for the client to register the lock.
- **Say**, "I am just going to give your muscle a gentle squeeze (pinch). This will switch the muscle off and it relaxes, so the arm relaxes down." Pinch the spindle by going into the belly of the muscle and then squeezing in slightly two or three times. Reset the arm in position, and then **say** "Meet my pressure" ↓ Arm should relax.
- **Say**, "That's correct, when a muscle is contracted, as in this case by a pinch, the message from the nerve plexus in the spinal cord tells it to relax. Now I am going to switch the muscle back on, so it locks again." Smooth out the muscle 3x gently with three fingers on both hands, reset arm and **say** "Meet my pressure" ↑ Arm should stay locked. The correct muscle responses are locked, unlocked and locked again in the clear.

If muscle responses are correct, you have a working Indicator Muscle (IM). Check the IM box.

### Step 3

**Now identify which Points you need to hold to achieve the MEB.** (Often only one Reflex with one Element.)

**First** test through the **Element Evaluation Points** (Dr. Scott calls these points Element Reflex Points)

**Ask**, "May I touch above and below your lips?" Touch lightly **say**, "Meet my pressure" ↑ / ↓

**Ask**, "Would you indicate through your clothes where your navel is please?" To find which Element you are holding, Touch Locate (TL) lightly around the navel constantly going back **to the navel as your reference point, looking for the first relaxed indicator muscle and stop there.** (This will be the **Element** in over Energy that we are going to hold to achieve the MEB)

## How to Organize Your Session continued

### Step 3

**Second** test through the **Reflex Evaluation Points** in the order below constantly going back **to the navel as your reference point** so you find the REP Points easily. **Stop at the first one that TLs ↓** as that is the Reflex (Energy Circuit) you need.

- (i) **NL** - **St 26 1/2** is 2 fingers down from client's navel and three finger widths out bilaterally from the midline
- (ii) **NV** - **CV 11** is 4 finger widths above navel
- (iii) **Sedation** - **St 18** is directly below the nipples in the fifth intercostal space (in line with bottom of the sternum)
- (iv) **EP** - **K 14** is three finger widths down from the navel and out one finger width

**Record on your client sheet in spaces provided** - For example

Indicator Muscle?	<input type="checkbox"/>	Meridian Energy Balance	Reflex	Element	Reflex	Element	Element	Reflex	Element
			NL	4					

**And then hold the Points. While you are holding the Points for the Meridian Energy Balance -**

Explain to the client you are balancing their Energy System and if you yawn, it is not because you are bored or tired, but an indication that their Energy is moving and coming into balance. Tell them they may also feel inclined to yawn or that their stomach may gurgle, so there's no need to be embarrassed, as this is quite normal, as again it is an indication of the Energy moving. They may even go hot or cold or see colours.

### Step 4

When you have finished holding the Points and you think the client might be in balance – Re-check the EEP that was in over Energy and then ask the client **to place the midpoint of their palm over their navel** and check in the clear. Arm should TL ↑. Only now do you go through the 3 checks

- (i) No ↓ Yes ↑ (ii) Pinch ↓ Unpinch, ↑ (iii) NS Magnet or clockwise circle ↓ SS magnet or anti-clockwise circle ↑

Only when all checks have given the correct muscle responses are we ready to proceed with the HK session. If an incorrect response is highlighted in Step 4 then the Meridian Energy Balance is not complete and Step 3 would need to be repeated looking for further Elements in over Energy. If an incorrect response is highlighted in Step 5 then the appropriate correction would be done immediately.

### How to Organize Your Session continued

#### Step 5

**a. Ask**, "Do we have Energy permission to do HK work together, **right now?**" Looking for a ↑ - this means that the client's body is ready to accept Energy work right now.

**b. Ask**, "Any reason why we should not do HK work together, **right now?**" Looking for a ↓ - if you do not get the correct response then you can – **ask**, "Permission to ask further questions?" If you get a ↓ **STOP** the session and re-arrange to meet again soon.

If you get a ↑ to the reason why you may not work right now, then the possibilities to consider are –

- (i)** Are they physically comfortable? (Need to go to the toilet? Warm enough? Cool enough? Head and shoulders supported?)
- (ii)** Need to change the direction of the couch or the direction the client is lying?
- (iii)** Remove something from the working space or bring something in?
- (iv)** Client has an important engagement coming up and needs all their Energy for that – book them in for as soon as possible after said engagement
- (v)** Just need reassurance

- **If answer to 1 is ↑ and to 2 is ↓ then Check the EP box**

Energy Permission	↑	Comments
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However, if you had ↑ to both questions above, then whatever changes you made would be recorded in the Comment box e.g. 'needed water'

#### Step 6

You're thinking to yourself 'of all the things I know' and you say out loud

"What are we doing today, Energy Correction Factors?" **If ↑ "How many** at least 1?" ↑ "At least 2?" ↑ "At least 3?" ↑ etc. when you get a ↓ go back to the previous number and say "So it's '.....'" ↑ **If ↓ to ECF put an X in the box.**

"Are we doing Energy Toning Factors?" **If ↑ "How many** at least 1?" etc. **If ↓ put an X in the box.**

"Are we doing Adjunctive Factors?" **If ↑ "How many** at least 1?" etc. **If ↓ put an X in the box.**

#### Record in the correct boxes

Energy Correction Factors	2	Energy Toning Factors	x	Adjunctive Factors	1
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**HOW TO ORGANISE YOUR SESSION continued**

**Step 7**

**Ask**, "What is the first thing we do -

Energy Correction Factor?" If ↑ Go to menu of Energy Correction Factors. If ↓ Move onto the next Factor.

Energy Toning Factor?" If ↑ It is Meridian Tracing. If ↓ Move onto the next Factor.

Adjunctive Factor?" If ↑ You have a choice of Work, Rest, Sleep, Play or degaussing

You continue going around the loop until all the work as per the number in the boxes is complete.

**If the testing indicates Energy Correction Factors, go down the menu to find it, name it, and then ask –**

Steps	What to ask/say	What to do
<b>1. No. of items in group</b>	<b>Ask</b> , "For this group of 'name the Energy Correction Factor' there is at least 1 item?" ↑ "At least 2 items?" ↑ etc.	Put dashes one below the other in the Item / Other Factors column
<b>2. Points</b>	<p><b>i) Ask</b>, "For this group of 'name the Energy Correction Factor' we are holding Neurolymphatics / Neurovasculars / End Points / Sedation / Activation?" Soon as you find one, <b>ask</b>, "Any other Reflexes? ↑/↓</p> <p><b>(ii) Ask</b>, "Are we holding in just one Element?" If ↑, <b>ask</b>, "Element Zero, 1 or 2?" and on through the Elements till you find which one. If ↓ to just one Element, <b>ask</b> "Element Zero, 1 or 2?" identify and keep asking till you have at least 2 Elements then <b>ask</b>, "Any other Element?"</p>	<p>Record in Reflex Column</p> <p>Record in Element Column</p> <p><b>Both the Energy Control System corrections in this class (ECS: BBEI and ECS: BSE) as well as the Synergy and Tolerance Taping have their own Special Points</b></p>
<b>3. identify items</b>	<b>Ask</b> , "For this item is the clue in the first column/section?" etc.	For some of the corrections you will use the designated lists in the Working Manual
<b>4. TL</b>	<b>Say</b> , "Please put the midpoint of palm over navel and think / say out loud '.....'" ↓	Monitor muscle <b>Exceptions to navel are (i) ECS: BBEI, (ii) Synergy and Tolerance Tapping</b>
<b>5. Hold Points</b>	As tested in no 2	Wait for signal
<b>6. Done?</b>	Re-TL with midpoint of palm over navel while client keeps thinking or saying out loud the item ↑ Hand off the navel and <b>ask</b> , "Is this item robust." ↑	
<b>7. Repeat steps 3 to 6</b>	Do each item one at a time	
<b>8. Complete?</b>	Ask "Is this group of 'name the ECF' robust and complete?	

**HOW TO ORGANISE YOUR SESSION continued**

**WHAT IS THE NEXT THING I DO?**

- Energy Correction Factor? / Energy Toning Factor? / Adjunctive factor? Until you have completed the total number in the three boxes – (ECF, ETF and Adjunctive Factor whatever number that might have been.)

**To complete the session there are a few further questions you need to ask -**

- 1. Ask,** "When may we next work together are we counting in days?" ↑/↓ "In weeks?" ↑/↓ "At least 1?" ↑ "At least 2?" ↑ etc.
- 2. Ask,** "Is there anything we need to know about the next session?" (They may need to bring something with them)
- 3. Ask,** "Is there anything we need to do before we stop to aid Stabilization / Harmonization / Integration Progress or Process through smoothly of the work we have done today? (**SHIPP**) - If yes, they may need water or you may need to tap Sp 21 – the Grand Luo Point for connecting and balancing all the energy flows of the body.
- 4. Ask,** "Is there anything else we need to do or test for you before you leap off this couch?" (They may need to lie quietly for a period of time or there is some information you need to give them.)
- 5. Finally ask,** "ENERGY PERMISSION TO STOP?"

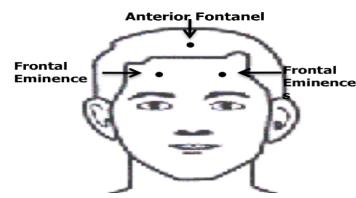
**For your personal notes:**

**For all regular HK Energy Correction Factors, you hold the same Reflexes and Elements for each item in the group.** All the items in a specific group are energetically related. So, for all regular groups of Energy Correction Factors, we hold the regular Energy Circuits (Energy Flows) – Neurolymphatic, Neurovascular, End Points, Sedation or Activation Points with the appropriate Element/s. Touching, squeezing or tapping of the Points/places activates the Energy flow to retune the client's Energy system when a specific stress is being highlighted at the same time.

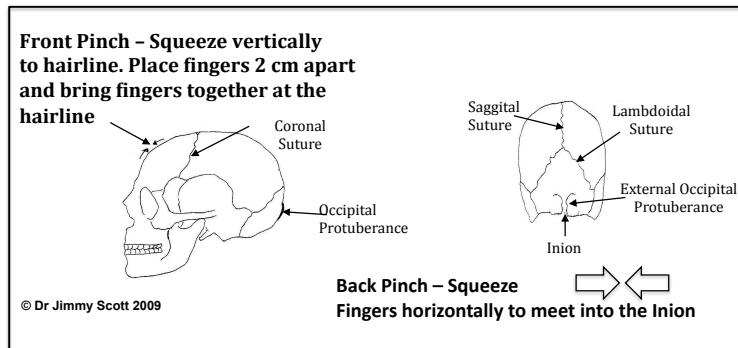
**The Jokers in the Pack for the Energy Corrections in this manual -**

**1. ECS: BBEI**

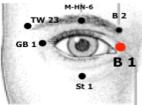
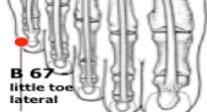
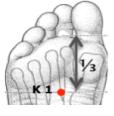
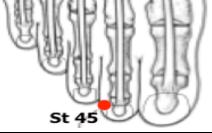
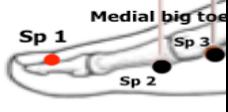
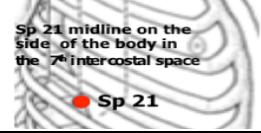
- TL the Anterior Fontanel (Vertex) and Frontal Eminences to check the stress
- Hold the Anterior Fontanel (Vertex) and Frontal Eminences to retune the Energy



**2. ECS: BSE** - Simultaneously lightly squeeze horizontally across inion and vertically up / down the forehead midline to the hairline



**3. Allergy Tapping**, having received permission to tap then tap the End Points of Elements 2 and 4

2	Bladder	<b>B 1 – inner canthus of eyes</b>		<b>B 67 – at the base of the nail on the little toe lateral</b>	
	Kidney	<b>K 1 – in the dip under ball of feet in line with the big toe joint</b>		<b>K 27 – in dip below collar bone (clavicle) on each side of the sternum</b>	
4	Stomach	<b>St 1 – in dip 'v' on the bone below the pupils of the eyes</b>		<b>St 45 – at the base of the nail on the second toe lateral</b>	
	Spleen	<b>Sp 1 – at the base of the nail on the big toe medial</b>		<b>Sp 21 – level with bra line for women on the side of the rib cages (usually tender)</b>	

**4. Tolerance Tapping**, having received permission to tap (i) Client places **hand over navel** while we tap B 1 and K 27

(ii) Client places **hand under left breast** while we tap St 1 and Sp 1

To recap:

### HK ENERGY CORRECTION FACTORS

HK Energy Correction Factors 'fix', 'correct' broken Energy pathways, release blocked Energy flow, and release stress locked into the cells, tissues and organs so the physical body can heal itself. They are generally permanent but there are three reasons why they might come undone -

1. You have not held the Points for long enough for one or more of the items within a group.
2. You have not done the correct number of items for a group.
3. The client is subjected to Geo-pathic Stress - either electro-magnetic or earth energies. Geo-biology is one of the Factors dealt with in a separate HK class taught by Dr Scott.

### **When doing HK Energy Correction Factors, we have 4 Major Steps**

#### **1) When SETTING UP for regular HK corrections we always have 5 steps**

- a) Name the ECF
- b) Find the number of items in the group
- c) Find the Points to retune the Energy - Reflex/es and Element/s
- d) Identify the stressor
- e) Validate it is the correct one by highlighting it and Touching Locating. If you have identified the item correctly the arm will TL ↓ when client places midpoint of palm over their navel ↓

#### **2) DOING THE ITEM FOR THE CORRECTION**

Hold the Points to retune the Energy in the face of the stress until you feel the Energy change and lock in

#### **3) VALIDATING THE ITEM IS DONE BY TOUCH LOCATING WITH PALM OVER NAVEL**

Item should now TL ↑.

**Palm off navel** and ask "Is this item robust?" - This means you have held the Points for long enough and the item will not come undone.

#### **4) FINALLY VALIDATING THE CORRECTION IS COMPLETE and you have done the correct number of items for the group – palm off navel**

- Ask, "Is this group of 'name the ECF' robust and complete?"

**If there is more work to be done according to your testing at the beginning of the session go back to the menu and ask what you do next**

As my tutor, Jane Thurnell-Read, used to say 'HK is just spam, spam and spam or occasionally it is spam, spam and egg or spam, spam and sausage'. The thinking behind this is that for all regular HK corrections we are basically doing the same thing – highlighting stress and using Energy Flows (Reflex Points) to retune the Energy.

## **GENERAL INFORMATION**

### **WHY WE WORK IN GROUPS WHEN DOING ENERGY CORRECTION FACTORS**

All the items within a group are energetically related. The Energy flow (circuit) we hold is the underlying organizing Element for the group. I think of the Energy flow (circuit) we are holding for each item in the group as the glue that holds the group together. By working in groups, we maximize the healing process for the client.

### **THE WHOLE IS MORE THAN THE SUM OF ITS PARTS**

- Each item within a group is a correction in its own right.
- To ensure the smoothest, yet most profound healing process for the client we always do the items within the group in the correct priority order.
- Once all the items for a specific group are done, the Energy generated is somehow more powerful than the Energy generated by any one specific item.

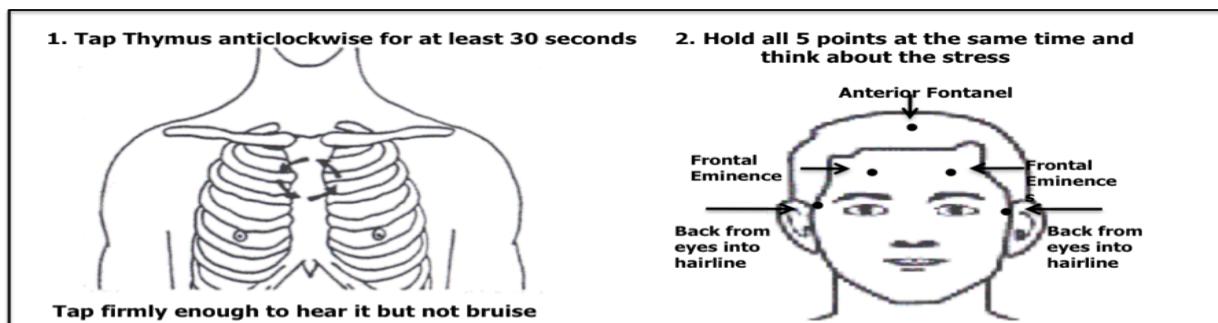
### **GENERAL NOTES ON HOLDING THE REFLEX POINTS**

- Always sit comfortably with your back straight and your feet flat on the floor. Move your chair if necessary.
- When you need to hold Points on client's legs it is often more comfortable to hold one point on the client's leg nearest you and the same time hold the point on your opposite leg.
- Remember for NVs they must be held LIGHTLY or you will block the Energy flow.
- On some 'special' clients it matters which fingers you use to hold specific Points. If the Energy does not seem to be moving or is taking a very long time, then stop and ask "Do we need to use particular fingers to hold specific Points?" If ↑, Identify which fingers to use for the specific Points.
- You need to be able to identify when the Energy changes and when it locks in. This will only come with experience so be patient.
- You can never over hold the Points and the TL at the end of the correction will verify that the Points have been held for long enough.
- The verbal question 'Is this item robust?' with palm off the navel confirms that the Correction (item) has been locked in.

**General Information continued**

**TEACH YOUR CLIENTS THE PSYCHOLOGICAL ESR – the generic Ψ Emotional Stress Release:**

- Teach clients to tap anti-clockwise (up from the heart) around their thymus for about 30 seconds to quickly bring them into a temporary Energy balance
- Show them how to hold the NV 0 – (thumbs on GV Points in the hairline back from the eyes, ring fingers curled down to the touch the frontal eminences and reach back with index or middle finger to touch the vertex) while they think about what is stressing them.



**WHAT TO ASK FOR AT THE BEGINNING OF THE SESSION**

When you initially touch in at the beginning of a session to let the energies settle ask silently to yourself **for the most effective work to do for the client in the time you have available** that will promote the client's well-being and give the client a smooth healing process.

**SIMPLE EXPLANATION OF HK FOR CLIENTS**

It may also be appropriate, while holding the Points for the MEB, to explain to new clients that HK is a very effective therapy for sorting out all sorts of problems/concerns and that we are working with the Energy System. By using the response of locked / relaxed muscle indications we are asking the body to give us, in as simple a way as possible, the disturbed Energy pattern or stress. Then by holding the correct acupuncture flows (Points) we are able to retune the Energy in the presence of the stressor. This allows the stress to be released and the Energy System to come into balance, which will allow the body to heal itself. As soon as you finish holding the Points for an item and for the group as a whole, in Energy terms, the work is complete. However, the time it takes for the Energy work to process through the physical body (sometimes only hours, sometimes days or weeks) and for the client's body to 'heal' itself varies from client to client. This time lag for the healing to manifest depends on a number of factors – how quickly the client's body metabolizes and processes nourishment, how effective their eliminative systems are working, how much stress they are currently under, what their Life Balance is, the quality and quantity of their sleep and how much rest they can manage.

## **General Information continued**

### **WHY DO WE STOP FUNCTIONING OPTIMALLY?**

I use the analogy that if we are really well and functioning at optimum on the four levels - the physical, emotional, mental and spiritual - we are like a clear deep pool with fresh water flowing in and out. Looking into the pool you can see clean sparkling sand on the bottom. Events that cause stress in our lives can be likened to debris collecting on the surface of the pool. If we deal with these concerns as they happen, we brush the debris aside to be released through the outlet, and our pool stays clear. If we are unable to process the concerns, they settle into cell memory and contribute to dis-ease just as the debris would settle to the bottom of the pool and create sludge and muddy the water.

### **STRUGGLING TO GET AN INDICATOR MUSCLE**

If you are struggling to get an Indicator Muscle (IM) hold NL0, NV0, and EP0 in that order and recheck your chosen IM

**If after holding NL 0, NV 0, Sedation 0 and EP 0, you still can't get a working muscle then –**

- 1) Tap stomach and spleen EPs
- 2) Touch lightly and continuously for about 30 seconds – LI 1 and Lu 11
- 3) Touch lightly and hold for 30 seconds the Anterior Fontanel

Test the muscle with one hand then the other.

If arm stays locked – you should now have a working muscle.

If the arm tests weak and strong with different hands then do the following –

Touch lightly and hold for 30 seconds (Left side then right side) - Lu 5 and Lu 10 located just above crook of elbow on outside edge of arm and on base of thumb, outside edge, centre of fleshy part.

Test the muscle with one hand then the other. If arm stays locked – you should now have a working muscle.

### **BANKING ENERGY PATTERNS**

To test reliably from the various lists or to find which vial or substance you need for a correction you must first add the items into your **Energy library**.

- **For lists** - Read through the lists a number of times. Each repeat reading will etch the pattern more firmly into your Energy library.
- **For vials, life transformers, homeopathic remedies, essential oils, vibrational essences, nutritional supplements and all unknown substances** - Hold in the palm your hand and read the relevant information on it. After a while you will feel a vibration in the palm of your hand.

**General Information continued**

**WHEN DOING SYNERGY OR TOLERANCE TAPPING CORRECTIONS**

The substance we use for these corrections can either be the actual substance or a homoeopathic copy of the Energy pattern of the substance. In either case it is with the Energy pattern that the body resonates.

**WHEN CHECKING FOR THE ACTUAL TOLERANCE LEVEL OF A SUBSTANCE AT THIS MOMENT IN TIME**

You must use **the actual substance**, starting with a very small amount and then gradually adding more of the substance until with a hand under either the right or left atlas axis junction it TLs ↓

**IF CLIENT NEEDS TO AVOID A SUBSTANCE**

**Ask**, "How long do you need to avoid 'name it' are we counting in weeks?" If ↑ **ask**, "At least 1?" etc (usually for around 10-12 weeks to enable the client's body to clean out the toxic residue locked in the cells) then move onto reintroducing the substance.

**PROGRAMME FOR REINTRODUCING A SUBSTANCE**

Be realistic continue testing until you have what a normal helping would be per week. Ask, "How many portions may you have in a week, at least 1?" etc. "This regime is for how many weeks, at least 1?" etc. Then how many portions may you have at least 1?" etc. and "This regime is for how many weeks, at least 1?" etc. until they may have it without restrictions.

**ADDING YOUR EXISTING THERAPY ONTO THE HK MENU**

For those of you doing other therapies, I suggest, you balance the client's body first. This will make them far more receptive to the work you do on them. Then ask, "Of all the therapies I know what is the most appropriate and most beneficial for me to do for you right now?"

If using essential oils, ask for which ones to use, having in the back of your mind that you and the client are one Energy System. What is the most appropriate and beneficial oil for the client but also safe for you to use

**BUQI Chinese Method of Releasing Negative Energy**

1. Stand with weight on K1, lean slightly forward, relax shoulders, arms and elbows, hands in front of you, left above right, now shake the wrists and fingers vigorously, visualizing the negative Energy going into Mother Earth to be recycled.
2. Stand on one foot, raise other foot, toes pointing upwards and shake leg vigorously visualize releasing the negative Energy. Repeat, with other leg.

**An excellent exercise to do if you are feeling tired after working with a client**

**General Information continued**

HK Elements and their Associated Negative Emotions, Muscles and Organs						
<b>0</b>	Governing	Yang	13.00-15.00	Unsupported Overwhelmed	Teres Major	Spinal Column, Brain Stem CSF
	Central	Yin	03.00-09.00		Supraspinatus	cerebral cortex
<b>1</b>	Gall Bladder	Yang	23.00 - 01.00	Anger	Anterior Deltoid	gall bladder
	Liver	Yin	01.00 - 03.00		Pectoralis Major Sternal	liver
<b>2</b>	Bladder	Yang	15.00-17.00	Fear	Peroneus	bladder
	Kidney	Yin	17.00-19.00		Psoas	kidney
<b>3</b>	Large Intestine	Yang	05.00-07.00	Grief	Hamstrings	large intestine
	Lung	Yin	03.00-05.00		Anterior Serratus	lung
<b>4</b>	Stomach	Yang	07.00-09.00	Pensiveness (Disappointment)	Pectoralis Major Clavicular	stomach
	Spleen	Yin	09.00-11.00		Latissimus Dorsi	spleen
<b>5</b>	Triple Warmer	Yang	17.00-19.00	Despair	Teres Minor	fascia
	Circulation Sex	Yin	19.00-21.00		Gluteus Medius	pericardium
<b>6</b>	Small Intestine	Yang	13.00-15.00	Sadness	Quadriceps	small intestine
	Heart	Yin	11.00-13.00		Subscapularis	heart

**WAYS OF PROTECTING YOURSELF**

A good way for all HK practitioners to protect our own Energy System so we don't pick up client's 'stuff' is

- (i) do the MEB daily on yourself until your Energy System maintains the balance
- (ii) work on yourself or exchange HK work with other HK students or practitioners so you grow energetically
- (iii) ensure you are always MEB balanced when you work with 'clients'
- (iv) sit with your feet flat on the floor and your back straight
- (v) move your chair, if necessary, when holding Points so that you are always sitting comfortably
- (vi) if you feel tired after doing Energy Work and you have attended to any work that may have been highlighted for you during the session try **either** doing the Buqi Release of Negative Energy **or** having a cold shower running the water down the front of the torso over the chakras and then quickly down the back of the torso. You may finish off with a warm shower. (The shock of the cold water expels negative Energy)

**General Information continued**

**Or you may be drawn to use this visualization:**

**DAILY PROTECTION RITUAL (amend as you see fit)**

1. Sit quietly and breathe normally - put yourself in a large gold circle.
2. Now put yourself in a shaft of white light - allow the light to wash over you and through you.
3. Now visualize silver stars sparkling through the white light and allow them to wash over you and through you cleansing and healing.
4. Gather up the sparkles and white light to make a protective bubble around you. Love, compassion and empathy will flow from you and all the good things, you need, will penetrate the bubble to nourish you.
5. Negative influences and intrusive energies will not be able to penetrate the bubble. They will be returned to sender with love so the person concerned will be aware of what they are doing. If you wish, fill the bubble with an appropriate colour.

In HK, we constantly work with over-energy. Dr. Scott chose to number the HK Seven Elements as –

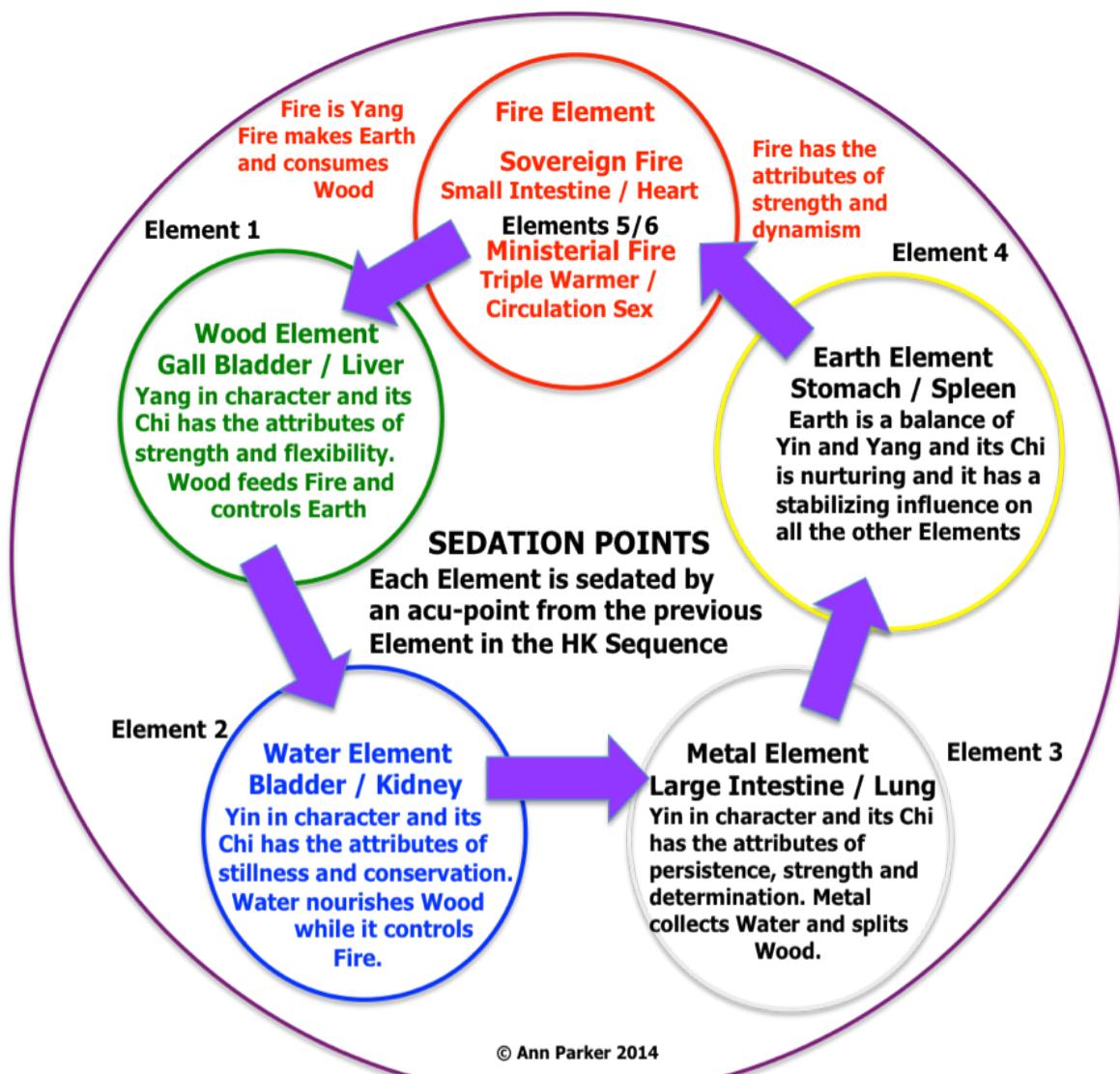
<b>0</b>	Governing / Central	Element – Air	Two of the Extraordinary Channels
<b>1</b>	Gall Bladder / Liver	Element - Wood	Feeds Fire and Controls Earth
<b>2</b>	Bladder / Kidney	Element - Water	Nourishes Wood and Controls Fire
<b>3</b>	Large Intestine / Lung	Element - Metal	Collects Water and Controls Wood
<b>4</b>	Stomach / Spleen	Element - Earth	Contains Metal and Controls Water
<b>5</b>	Triple Warmer / Circulation-Sex	Element - Ministerial Fire	
<b>6</b>	Small Intestine / Heart	Element - Sovereign Fire	Makes Earth and Consumes Wood

Working around the Five Elements in this order (in what I think of as the Anti-Shen Cycle) allows the over-energy in whichever Element we are holding to equalize and balance the under-energy in the previous Elements and so allow the whole Energy System to flip back into the normal flow of the Shen Cycle.

## General Information continued

## SEDATING THE MERIDIANS

To sedate a Yang Meridian, you hold one point from that Meridian and one point from the previous Element in the HK sequence. For example- Elements 5 and 6 (Fire Element) are sedated by Element 4 (Earth Element). Element 4 (Earth Element) is sedated by Element 3 (Metal Element). If only two Points can be held at a time for the Bilateral Meridians hold all the Yang Points on one side of the body then on the opposite side repeat for Yin Meridians.



Governing Vessel and the Central Vessel are the exceptions to the rule.

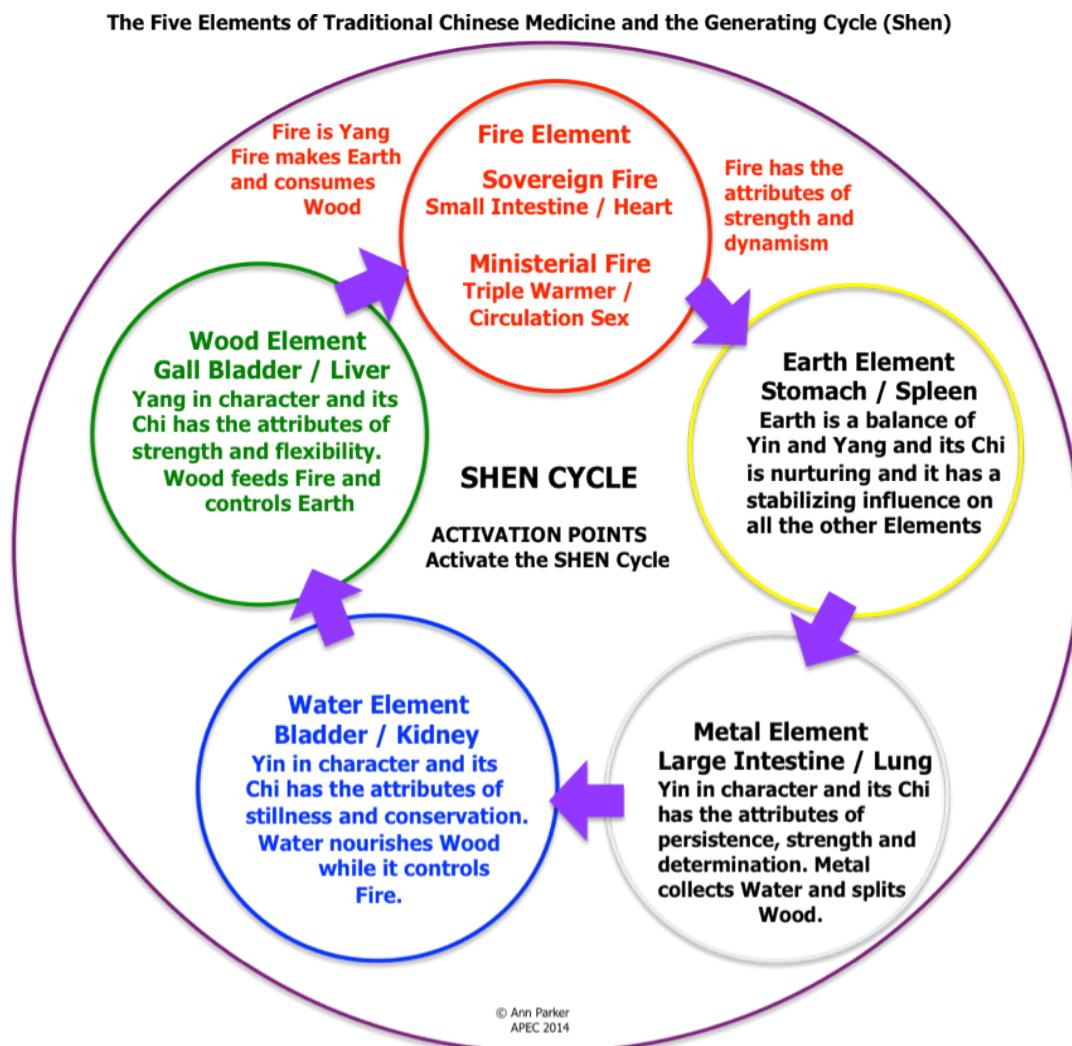
These are two of the Extraordinary Vessels and each of these Vessels has a sedating point on its own Channel.

General Information continued

**ACTIVATING THE MERIDIANS**

To activate a Yang Meridian, you hold one point from that Meridian and one point on the Yang Meridian of the next Yang Element in HK sequence. Element 2 (the Water Element) activates Element 1 (the Wood Element). Element 6 (one of the Fire Elements) activates Element 4 (the Earth Element). Element 1 (the Wood Element) activates Element 5 and Element 6 (the Fire Elements).

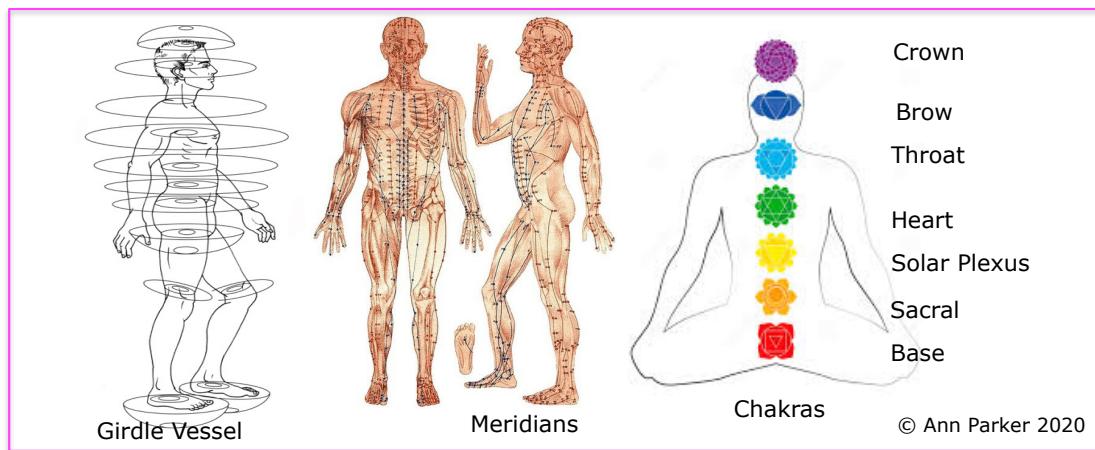
To activate a Yin Meridian, you hold one point from that Meridian and one point on the Yin Meridian of the next Yin Element in HK sequence.



### A SIMPLE ENERGY MODEL

The Chinese have known about the Energy flowing through the Meridians for over 4,000 years and developed acu-puncture to tap into, activate and unblock the Energy flows. From the Indian Subcontinent, we have Ayurveda - 'the Science of Life' – a system that has been around for 5,000 years working with the subtle bodies and chakras.

We are Energy beings and the work we do in HK is Energy work and our HK Energy Correction Factors create lasting change in a client's Energy System. We work with the 12 Bilateral Meridians and two of the Extraordinary Channels – the Governing Meridian and the Central Meridian. The Twelve Bilateral Meridians are termed regular because Energy circulates in them constantly in a specific direction and sequence, comprising the body's general Energy-circulation System. Six of the Extraordinary Channels have no specified Points of their own but share acu-Points with the regular Meridians. The main function of the Eight Extraordinary Channels is to integrate, strengthen, store and regulate the circulation of Chi (Energy) and blood in the Twelve Regular Bilateral Channels. In acupuncture circles, it is generally accepted that the Chakras connect into the Chong Mai (The Penetrating or Thrusting Channel) while the Dai Mai or Girdle Channel is the only Energy Channel that moves horizontally as it encircles and spirals around the other Meridians and Channels holding them together like a belt.



The Chakras, wheels of light linked to sound, light and colour are 'hubs' of intense prana Energy. They act as transducers or gearing to step down the Energy from the higher universal Energy down through the subtle bodies into the physical body. They were first mentioned in the Vedas, ancient Hindu texts of knowledge. If we picture a set of Russian dolls then the small solid doll in the middle represents our physical body. The next layer or subtle body out the Etheric Body, forms the blueprint for the physical body and it is through the Etheric body and into the physical body that the Meridians and other Energy channels run. A vibrant Etheric Body is a deep blue. The next layer out is the Emotional or Astral Body and if our emotions are well balanced it could be seen as a pastel harlequin suit – lots of soft different shifting colours. The next layer out is the Mental Body and if our minds are at peace it would be a bright yellow. As we move further out we have the Causal Body where our behaviours reside, the Buddhic or Intuitive Body and out to the Monadic and Soul bodies.

### TOUCH LOCATE (TL)

In HK when setting up corrections we use the term TL to check the stress is being highlighted correctly. The stressor can be a thought, magnet, touch, allergen, essence, colour, action, body position, particular substance or any combination of above. When we TL we are gathering information directly from the client's Energy System.

**The 4 specific areas on the body used to TL i.e. 'read' or 'gather' information directly from the body.**

#### 1. NAVEL - MID-POINT OF PALM OVER NAVEL (so covering all the Elements)

##### a) Used after initial balance to check body is in balance –

- (i) In the clear say, "Hold" ↑ (ii) Ask the client to say, 'NO' Say, "Hold" ↓ / Ask the client to say 'YES' "Hold" ↑
- (iii) Squeeze (Pinch) spindle cells of quads say, "Hold" ↓ / Smooth out (Un-pinch) the spindle Say, "Hold" ↑
- (iv) Place magnet on client's thigh (quadriceps muscle) - NS pole of magnet to body - Say "Hold" ↓ then the SS pole of magnet to body - Say "Hold" ↑

- b) Before all corrections (apart from numbers 2, 3 and 4 below) - To check correction is set up exactly right
  - stress highlighted with everything in place ↓

- c) After (Points are held) for a correction, before 'stuff' is removed, recheck just say, "Hold" ↑

#### 2. FRONTAL EMINENCES / ANTERIOR FONTANEL- ECS: BBEI - Verbally test to find the group of BBEI items that make up your correction. TL holding all 3 Points while the client thinks the item, the BBEI item will TL ↓. Continue holding same 3 Points while you both continue to think the item until you get a strong pulse through all 3 Points then recheck FE/AF with client still thinking the fear thought say, "Hold" ↑.

#### 3. TW 21 (Side of ear) **Test Point for Bio-Energetic Disturbed Reaction to a substance**

Check TW 21 'in the clear' say, "Hold" ↑ Place suspected substance on CV 6 touch TW 21 say, "Hold" ↓ The substance is disturbing the client's Energy System- **EITHER** tap if appropriate (see 3a) with the substance on CV 6, (Sometimes the substance has to be sniffed as well as/or instead of being on CV 6). Re-check TW 21 with substance on CV 6 say, "Hold" ↑ **3a. Heart 1 bilaterally – Synergy Tapping will work/permission to tap** Touch Heart 1 in the clear and say, "Hold" ↑ - then place substance on CV 6 recheck Heart 1 say, "Hold" ↓ (Altered Energy response gives us permission to tap for allergy and confirms the tapping will work).

#### 4. ATLAS / AXIS JUNCTION - **Measures TOLERANCE Level**

Check Atlas/Axis junction 'in the clear' say, "Hold" Place substance on CV 6, touch back of head, a tolerance problem if the amount or volume of the substance on CV 6 exceeds the body's capacity to utilize or metabolize or release this amount then IM TL's down if strong then keep adding more of the substance on CV 6 until you get the IM relaxing now you have exceeded the tolerance so remove a little - that is the **tolerance at that moment**. To increase tolerance, if appropriate tap (see 4a). Verbally ascertain the tolerance for the substance. **4a. Spleen 21 bilaterally - Tolerance tapping will work/permission to tap** Touch Spleen 21 bilaterally and test 'in the clear' say, "Hold" ↑ Then place substance on CV 6 and retouch Sp 21 say, "Hold" ↓ - (permission to tap for tolerance and the tapping will work).

Date: **22/1/02** Name: **John Smith**  
DOB: **22/4/54**  
Dr.: **T. Dixon** Address: **Park View**  
Consulted: **Yes** **Halifax**  
Source: **Mary Jones**  
Occupation: **Shop Manager**  
In current house: **4 years** Telephone: **01276 778 306**  
Father: **died aged 47 – heart attack**  
Mother: **alive - reasonable health now 82**  
Family: **Wife - Mary - relationship ok (second wife) Son Tom 19 yrs**  
**Daughter Mary 14 yrs**  
Diet: **Regular** Smoking: **gave up 20 years ago / 40**

Concerns:

**rash on back of neck - itchy and painful at times - last 6 months**  
**right ankle swells in hot weather**

Goals:

**have smooth skin**

Current treatment/medication: **steroid cream for past 2 months**

Previous treatment/medication: **nothing at first - hoped it would go away**

Previous conditions/operations/accidents/emotional events:

**lost both front teeth in a fight at school when fourteen - got the blame for starting the fight -**  
**always felt the teachers had it in for me.**  
**first marriage only lasted 16 months - very upset for a couple of years**

Please read and sign the following:

I appreciate that Kinesiology practitioners do not give medical diagnosis or treatment. I understand that I am responsible for my own health and that of my dependents.

Signed: *John Smith*

Date: **22/1/02**

# HK 1 Reference Manual

Practitioner Name: <b>Ann Parker</b>	Date: <b>22.1.02</b>
Client Name: <b>John Smith</b>	

Indicator Muscle  ↑

Meridian Energy Balance

Reflexes	Elements	Reflexes	Elements	Reflexes	Elements
<b>NV</b>	<b>2</b>				

Energy Permission <input type="checkbox"/> ↑	Comments
--	----------

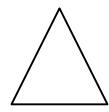
Energy Correction Factors	3	Energy Toning Factors
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X

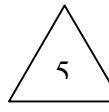
Adjunctive Factors

2

*(Groups of work in body sequence are numbered in priority order inside triangles in the margin)*



ECF	Refle	Element	Item/ other Factors
<b>Ψ I feel / I am</b>	<b>NL</b>	<b>1</b>	<u>I feel burdened</u> <u>I am acceptable</u> <u>I feel rigid</u> <u>I am in balance</u>
<b>ECS: BBEI</b>		<b>AF/FE</b>	<u>Fear of rejection</u> <u>Fear of trusting others</u> <u>Fear that things will happen to me beyond my control</u>
<b>Synergy Tap</b>	<b>EP</b>	<b>2, 4 tap</b>	- - Corn - Tomato - Kiwi fruit
			<i>Bar down the side of the 3 substances indicates we tapped them together</i>
			<b>Adj: Rest</b>
			<b>30 minutes - in the afternoon</b>
			<b>Adj: Nutrition Avoid corn for 4 weeks</b>
			<b>Then 2 helpings of corn per week/ 8 weeks</b>
			<b>Then eat normally</b>
			<b>Avoid tomato for 12 weeks then</b>
			<b>One serving every two weeks if fancied</b>



Time taken 1 hour 20 mins

Client's John Smith  
Signature \_\_\_\_\_

## HK 1 Reference Manual

Practitioner Name **Ann Parker**  
Client Name **Mary Whiles**

Date: **24.6.02**

Indicator Muscle?



## Meridian Energy Balance

Reflexes	Elements	Reflexes	Elements	Reflexes	Elements
<b>NV</b>	<b>2</b>				

Energy Permission ↑ Comments **Needed a glass of water before we could work**

Energy Correction Factors 3 Energy Toning Factors 1 Adjunctive Factors 1

(Groups of work in body sequence are numbered in priority order inside triangles in the margin)

ECF	Reflex	Element	Item/ other Factors
<b>Ψ Sentences</b>	<b>NV</b>	<b>O</b>	<p><b>_ I fear that I will never be successful.</b></p> <p><b>_ My boss doesn't appreciate how hard I work.</b></p> <p><b>_ I feel overwhelmed by responsibility.</b></p> <p><b>_ I wish my life was more in balance.</b></p>
<b>ECS: BBEI</b>		<b>AF/FE</b>	<p><b>_ Fear that I will not be good enough</b></p> <p><b>_ Fear of not being in control</b></p> <p><b>_ Fear of being noticed</b></p>
<b>T Tap</b>	<b>(NL)</b>	<b>2, 4 tap</b>	<b>_ Ink from printing machine at work</b>
-----	-----	-----	<p>⇒ <b>ETF: MT</b></p> <p><b>Trace Bladder/Kidney      4 / 3 / 6</b></p>
-----	-----	-----	<p>⇒ <b>Adj: Nutrition</b></p> <p><b>Drink 4 pints of warm water a day</b></p>

Time taken

1 hour 20 mins

Client's  
Signature

Mary Whiles

### Dr. Scott's 'HONOURING THE BODY'

How do we as therapists ensure that we work ethically at all times, honouring and respecting the client with whom we are working? In HK, we have set guidelines from Dr. Scott as the framework within which we work.

#### First - THE PRIME DIRECTIVE

We must maintain a perfect balance of *objectivity* and *intuition* and we *validate* our findings by cross-checking our testing.

- Being objective means keeping our well informed educated minds open and free of expectations. Intuition comes from the higher mental body and is the ability to just 'know'. Intuition is developed through training, keeping the mind open to the Truth and asking the right questions.
- Intuition is completely free of expectations, fears, desires and our own personal beliefs and preferences.
- Validation can be obtained by testing the same question framed in as many ways as possible while still achieving the same result. Ideally it is having the opportunity to compare results and find agreement with other experienced Energy workers who may have a totally different approach.

#### Second - THE HK IMPERATIVES

These are **Balance, Clarity of Concept and Permission to Work.**

To muscle test effectively we must start with a **balanced** Meridian Energy System which stays in a robust balance for the whole time we are working with the client.

We must understand clearly what we are asking and testing and frame our questions concisely. We also need both conscious permission and Energy Permission confirmed by muscle testing a balanced Energy System before we even begin to work. Conscious permission is given when the client asks for help, gives us the details we need for a case history and signs the consent form or phones and specifically asks for help. Conscious permission needs to be obtained each time we work with or for a client! Once we have confirmed we have a balanced Meridian Energy System before we begin to work the first question we ask is always - "Do we have Energy permission to work together right now?" and the check question - "Is there any reason why we should not work together right now?"

The key to good muscle testing is to tune into the client's Energy and body wisdom so we find what is needed - not what we expect. We can only reliably test what we know - hence the need to read widely on all the related subjects - essences, crystals, colour, homoeopathy, nutrition, anatomy and physiology, essential oils and the subtle bodies.

### Dr. Scott's 'Honouring the Body' continued

#### Third - THE HK LAWS

- **"We always do the best we can"**

We are encouraged to always work to the optimum and to accept that the client is also doing the best he/she can. So, we honour where they are at, and give them support and encouragement. None of us are in a position to measure someone else's pain or their capacity to deal with their pain or situation. Our role is to facilitate change through releasing the stress from the Energy System so the person has the choice to change. We can best do this by constantly updating our skills, reading widely and keeping an open mind to all possibilities.

- **"There are no secrets"**

We do not invade our client's privacy. All information found through testing is passed on to the client. All testing is done with the client or in the client's presence or in the case of established clients when they phone or write for help.

- **"Be focused and Efficient"**

In order to stay well ourselves we must care and protect our own Energy. Always be comfortable and sit rather than stand when working. As Energy work stresses the adrenals do not do unnecessary testing. Be efficient and focused when you are working.

- **"There is always a way"**

It is often our own limitations that slow us down in finding a solution to our challenges. By using the Points Operation Matrix taught in HK 4 we can set up and do whatever correction the client needs.

- **"We set our own limits"**

Our bodies believe every word we say *and think*. Our subconscious runs our biology for 95% of the time. Positive thinking comes from the conscious mind and the conscious mind is competing with the subconscious programming. We can hold ourselves back in life through our own negative statements and thought patterns. Working the HK menu for ourselves on a regular basis will help us remove the stress round many of these limiting behaviours, which will make it easier for us to change. Jimmy's new ECS: BSE will be a powerful tool for change. Be bold, be courageous - aim high! We are very powerful beings and have limitless capacity to change and grow.

It is a privilege to be in the position to help people through our kinesiology skills. However, we must be mindful that as practitioners we are working with the client's body wisdom. Each client's body wisdom knows its own best route to a smooth healing process. **The client's body does the healing.**

**THE ENERGY CONTROL SYSTEM**

**What is it?      Where is it?      Why is it so vital in the healing process?**

The Energy Control System, "ECS", is responsible for monitoring all our Energy needs. It is a function of the mind, brain and body. For a healthy well-balanced body, we need the ECS to be functioning optimally.

**The human body has a dual sensory system –**

**• Our Nervous System**

The nervous system sends messages through the body as electrical impulses to control the sense organs, the motor functions and all the metabolic processes and our daily requirements for food, water and air.

**• The Electro-Magnetic System**

The Electro-Magnetic System controls and regulates the Energies of the vital organs (the Chinese Five Elements), senses injuries and stimulates a healing response, controls the secretions from the pituitary and pineal glands, powers the immune system and operates through the acupuncture Meridians and their vital Points, switching the acu-points on and off to draw Energy into the Meridians from where it is fed down through the tissue.

The human Energy field is tuned to the earth's electro-magnetic field pulsating in a range of 1 to 30 hertz, or cycles per second or 0.5 milligauss. A milligauss is a unit of magnetic flux density equal to one-thousandth of a gauss. The greatest field strength is between 7 and 10 hertz, which is exactly the frequency that the human brain operates at under normal conditions. It should be no surprise to learn that the electro-magnetic fields generated by the harnessed electric power adversely affect all living creatures. If a part of your tissue resonates at the same frequency as one of the abnormal frequencies produced by electric appliances, radar, or microwave transmitters your tissue breaks down and becomes 'sick'. To combat the heavy electro-magnetic pollution from power lines and transmitters we need to consider harmonizing our living and work areas by attending to any geopathic stress that may be causing distress to any of the living beings within that environment. We can also wear Dr. Scott's Life Transformer - Protection from Geopathic Stress - whenever we are away from home.

Dr. Baker doing research at Manchester University has found that humans have a mass of magnetic crystals slightly in front of the pineal gland. This is exactly the spot where the 'third' eye is traditionally located in both Chinese and Hindu traditions. It could also be described as the north pole of the body. The Hara or centre of gravity of the body is two or three finger widths below Central Vessel 6 and could be described as our south pole. Scientists in the States found a mass of magnetic crystals in this area. CV 6 is the body's most receptive point for taking on Energy information as the Energy pattern is immediately dispersed through the body's electro-magnetic field.

### The Energy Control System continued

We can also control the irradiation in our own homes. For example, the fields produced by the appliances we use regularly - electric razors between 200 to 400 milligauss, electric clocks between 5 to 10 milligauss at 2 feet, hair dryers 50 milligauss at 6 inches, the large burner of an electric stove 50 milligauss at about 18 inches. Cell phones and blue tooth technology held against the head send an abnormal field straight through the brain. If you sit within 4 feet of a TV, radiation from it penetrates 2 to 3 inches through your body. All electrical equipment with a stand-by feature or timer produces a magnetic field whether running or not. Battery powered appliances also produce an electro-magnetic field. It is wise to place all electrical equipment at least 6 feet away from the body while sleeping.

We obtain our Energy from both physical and subtle sources. The ECS regulates the uptake of chi through the acupuncture Points and directs the Energy through the various circuits /Reflexes

- from one end of the Meridian to the other - End Points
- stimulating the proper flow and drainage of the lymph and the Energy flowing through the parasympathetic nervous system -Neurolymphatics
- stimulating and normalizing the blood supply to the tissues - Neurovasculars
- boosting the supply of Energy to a deficient Meridian flow - Activation
- calming down or releasing excess Energy from an over-active Meridian - Sedation

Apart from exposure to electro-magnetic sources, early fears, emotions, rogue electric currents in the body, trauma from operations, mechanical and chemical traumas and the general stress of day-to-day life cause disturbances in the Energy Control System.

People with multiple chemical sensitivities or environmental illness who appear to be allergic to almost everything actually have serious electromagnetic field disturbances and need Energy Control System corrections to sort out their 'illness'.

Dr. Scott describes the ECS as the insulation on a wire. If the insulation is faulty the wire short-circuits and cannot work effectively. I visualize the Energy Control System as a complex circuit board with heavy leaded lines and soldered junction Points with finer leaded lines streaming from the junction Points. Disturbances, stress and trauma cause fine hairline cracks, flick off the lead altogether in places, or rub it smooth and so prevent the information passing along the lines and being routed to the correct area to provide a smooth-running machine. When we identify and highlight the stress factor that is blocking a healing process correctly and hold the Meridians and circuits affected, we can 'repair' or 're-lead' our circuit board. It is through this circuit board that all the acupuncture Meridians are represented and unless it is functioning correctly, regardless of what we do Energy wise out in the subtle bodies, the physical body will not repair itself completely.

### The Energy Control System continued

In Health Kinesiology, we have a number of Energy corrections working within the Energy Control System to bring it back to normal function. These corrections are taught across the first 5 Levels.

In this class, we introduce:

- Early fears set up in the womb or the first few months of a child's life disturb the way the Energy flows from the tissue into the brain and can cause problems with co-ordination, learning difficulties and behaviour dysfunctions. For the problems associated with these early fears, Dr. Scott developed the ECS: Body Brain Energy Integration - (ECS: BBEI).
- The ECS: Belief System Elimination correction deals with limiting beliefs, many of them set up in our early childhood years and reinforced at school by teachers and our peers.
- We also teach degaussing to *temporarily* reduce a person's vulnerability to external Electro-Magnetic Field.

Disturbances in the ECS result in impaired healing of wounds and injuries, impaired intellectual functioning, needless pain and sometimes phantom limb sensations or it can interfere with the body's ability to properly use or excrete nutrients and wastes from the cells.

**Almost every dysfunction in the physical body involves the ECS.**

### To sum up the ENERGY CONTROL SYSTEM

The Energy Control System is a function of the body, brain and mind. Energy corrections within this category are often high priority for the body. The ECS is responsible for -

- Monitoring all the body's Energy needs
- Regulating the supply of Energy coming into the Meridians by switching acupuncture Points on and off and feeding the Energy into Meridians.
- It draws along Meridians, diffuses it through tissues into cells and into vital organs.
- Metabolism so involved in the digestive system,
- The excretion of waste so involved with our eliminative systems, skin, kidneys, bladder, lymphatic system, large intestine, lung- respiratory system
- Sensing injury or invading nasties such as bacteria or viruses and alerting the immune system to deal with them.
- It also adjusts the way the Energy Flows through the Five Elements – Wood, Water, Metal, Earth and Fire.

### The Energy Control System continued

#### **ECS: BBEI (Body Brain Energy Integration) - Works in the Energy Control System.**

##### **Table of Procedure for the ECS: BBEI in the Working Manual on page 2 and the BBEI List on page 3**

Each group of ECS: BBEI free up and release Energy to flow from some tissue area back to brain. The stress, that we are rebalancing when we do ECS: BBEI items are early fears set up either within the mother's womb (key time appears 2 months immediately prior to birth) or within the first 2 months of a child's life. They are pre-language gut level fears. The Energy vibration of a specific fear is the same vibration regardless of which language the item is being thought. The BBEI fears are often perceptions rather than facts.

#### **The ECS: BBEI item Touch Locates (TLs) and corrects at same place - vertex (GV21, baby soft spot, anterior fontanel) and frontal eminences (AF/FE). It is the only HK correction that does this.**

People with DYSLEXIA benefit from ECS: BBEI's (and the various cross crawling exercises i.e. hand to opposite knee). I have noticed that after doing a group of ECS: BBEIs on clients that their moods / behaviours can change very quickly.

**USING A SURROGATE** (babies, very young children or clients too unwell to respond easily to the muscle monitoring) –

- Balance the surrogate first
- The surrogate touches in to the client or holds if a baby or very small child – check what you need to hold to balance client
- Hold the Points and do the checks either the on client or the surrogate
- Use surrogate's arm to ask permission to work through them.
- Work your menu as usual

### **ECS: Belief System Elimination – ECS: BSE**

##### **Table of Procedure for ECS: BSE in the Working Manual on page 4 and the Core Belief List for clues on page 5**

This **Belief System Elimination** correction works very quickly to eliminate or reduce beliefs that are deeply held and are holding us back, keeping us in emotional captivity. Negative statements we hear, especially if spoken by people we trust or who "have power over us" (parents, teachers, other authority figures, peers) can become locked into our Bio-Energy System, and held as true, long after the initial statement or situation was consciously forgotten. These beliefs help shape our behaviour and attitudes toward the world and ourselves.

### The Energy Control System: Belief System Elimination continued

We discuss the concept with the client but also test for the exact wording. For example:

"Is the belief an **internal one?**" If ↑ "Starting with 'I' or 'My'?"

"Is the belief an **External one?**" If ↑ "A category of people or concepts?" For example -alcoholics, druggies, money, life, things, everything, food, sex etc.

Having established this, we find the exact starting word. Then we find the rest of the words for the item.

Key words that are often used include: **the modals** – am, can, could, do, might, must, need, ought, shall, should, want, would and their negative counterparts and **the adverbs** – always, constantly, continuously, never.

Either negative or positive words or statements can occur in the items.

Some Examples:

- Nothing ever goes right for me	- Life is hard
- Money is difficult to come by honestly	- I can't afford to take time off
- Being there for (others) keeps them happy	- People don't like show offs
- I will always be passed over	- I will never be independent
- I don't deserve happiness	- It is bad to show your emotions
- I have always been a disappointment to my parents	- I constantly mess up my relationships.
- I am (have always been) useless at .....	- I will never be successful
- Sex is dirty and shameful	- I am ugly
- I ought to be good always	- I might be a fraud

You can sometimes do **an ECS: BSE in isolation** so if you find yourself or someone you love making a negative statement on a regular basis then just tap the thymus to ensure the Energy is balanced and go through the HK checks and ask permission to do an ECS: BSE out of priority. You may only do the one statement.

**Your personal notes:**

## PSYCHOLOGICAL STRUCTURES

Psychological items deal with limiting beliefs, thoughts and perceptions, emotions, feelings and disturbed behaviours. They work at Meridian level releasing Energy blocked in the Meridian Flow, as well as out into the subtle bodies to clear the 'fog'. They also release distorted vibrational patterns from cell memory.

### PSYCHOLOGICAL - I FEEL / I AM

**Table of Procedure for  $\Psi$  I feel / I am in the Working Manual page 6 and the I feel / I am Lists on page 7**

**The I Feel / I Am psychological structures are paired states of being.** There is a tension between the negative "I feel ...." item and the positive "I am ...." item. They are regular HK Energy Correction Factors – 5 steps.

#### Notation Example:

ECF	Reflex	Element	Item/ Other Factors
$\Psi$ I feel / I am	NL	5	- I feel frustrated
			- I am attractive
			- I feel angry
			- I am enthusiastic

### PSYCHOLOGICAL PERSONAL STRESS RELEASE - CONCERN - ( $\Psi$ PSR – Concern)

**Table of Procedures for  $\Psi$  PSR – Concern in the Working Manual page 8**

This is a **personalized Emotional Stress Release** in that we test out which Reflexes and Elements to hold. Sometimes we hold more than one Reflex and occasionally more than one Element. It may be appropriate to index the stress on a scale of 0 to 10 where 0 is no stress around the concern and 10 lots of stress. We use this  $\Psi$  PSR – Concern when the normal  $\Psi$  ESR (just holding NV 0) will not release the stress. Client need not share what the concern is but must think about it.

As we are not giving the client some specific words to think we do not have a number of items for this  $\Psi$  PSR – Concern.

**Watch the client's body language** – you will notice them relax the muscles of their neck, shoulders and face as the stress levels are reduced. The object of this correction is not to completely clear the stress around the concern but to reduce the stress to a manageable level. Working your HK1 menu and doing other HK corrections may clear the stress completely. When we think the  $\Psi$  PSR – Concern is 'done' we ask the client "**How does that feel now?**" Depending on their feedback ask, "**Would there be any further benefit from holding the Points for longer?**"

## Psychological Structures continued

### PSYCHOLOGICAL PERSONAL STRESS RELEASE - LIFE ISSUE ( $\Psi$ PSR – Life Issue)

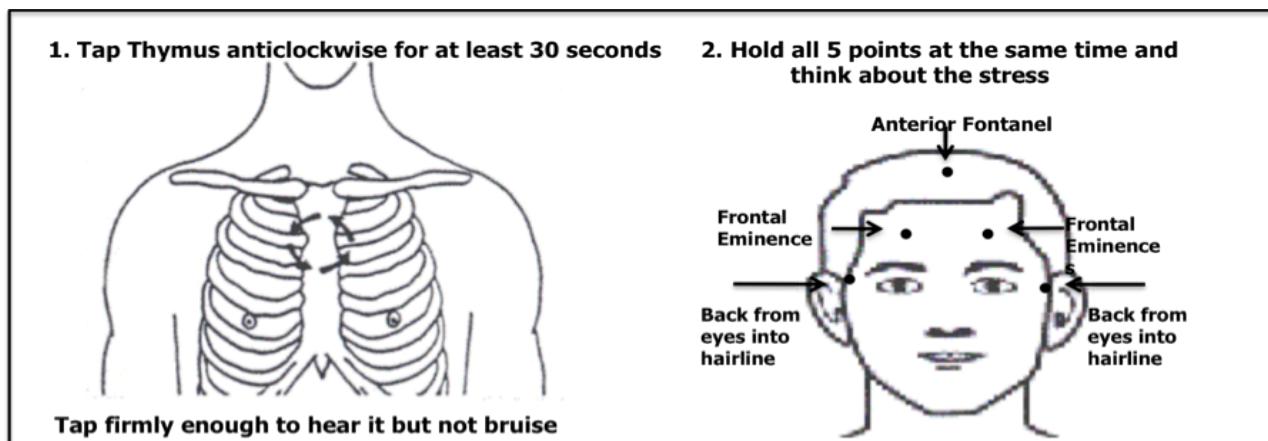
This is **major stuff** going on in a client's life. **It affects the way they function and is on their mind day and night.** As there are often several aspects to this deep-seated problem we tend to hold a number of Reflexes and more than one Element within each of these Energy circuits. In my experience of both using this correction and teaching it to former students a  $\Psi$  PSR Life Issue rarely comes up until you have had time to grow in Energy Terms in other words are an experienced practitioner. I have included it in this manual so you are aware of the different levels of stress clients may be subjected to in their lives

### $\Psi$ Emotional Stress Release

This works well for current stresses and is rarely used in clinical situations unless a client arrives in a state. Client needs to tap gently around their thymus for about 30 seconds, then hold the 5 Points between you (which are actually the NV 0) while the client thinks about what is stressing them so hold back from hairline (Governing NV) and frontal eminences and anterior fontanel (Central NV). Holding these points while thinking about the stress brings the blood back to the forebrain. Stress puts us into fight or flight mode and the energy goes back to the old reptilian brain at the base of the back of the head.

### TEACH YOUR CLIENTS THE PSYCHOLOGICAL ESR – the generic $\Psi$ Emotional Stress Release:

- Teach clients to tap anti-clockwise (up from the heart) around their thymus for about 30 seconds to quickly bring them into a temporary Energy balance
- Show them how to hold the NV 0 – (thumbs on GV Points in the hairline back from the eyes, ring fingers curled down to the touch the frontal eminences and reach back with index or middle finger to touch the vertex) while they think about what is stressing them.



**Psychological Structures continued**

**PSYCHOLOGICAL SENTENCES**

**Table of Procedure for  $\Psi$  Sentences in the Working Manual p 10 and Sentence Access List on p 11**

**IDENTIFYING ITEMS FROM LISTS FOR THE SENTENCES**

**Ask**, "For this group of  $\Psi$  Sentences will we get a clue for one or more of the items **from previous work today?**" ↑/↓ From one of the HK lists?" If ↑, "Are all the items from the same list?" ↑/↓ **(a)  $\Psi$  Sentences access (b)  $\Psi$  I FEEL / I AM (c) ECS: BBEI (d) Core Beliefs (e) MC lists e** Otherwise is there a clue from **one my own Reference Books** then just work the lists.

**a) Ask, "Sentences Access list?"** If yes, go to list and identify the clue for the item **WM page 11**

"Is the clue for the first item in the first column?" ↓ "Top 5 blocks of second column?" ↓ "Sixth or seventh block?" ↑ "Sixth block?" ↑ "One of the first three?" ↓ "The fourth?" ↑ Think to yourself - So the clue is 'I feel victimized' and test silently ↑ "Is that the exact item? **If** ↑, ask client to think "I feel victimized" and TL (i) Mid-point of palm over navel (ii) the Reflex Evaluation Point and (iii) the Element Evaluation Point

**If** ↓ ask, "Are we expanding on this?" or "Are we changing the verb?"

**b) Ask, " $\Psi$  I FEEL / I AM list?"** If yes, go to list and identify the clue for the item – **WM page 7**

**Ask**, "Is the structure 'I feel .....'?" "All negative words?" ↓ "All positive words?" ↑ "Is the clue for the first item in first column?" ↓ "In the second column?" ↑ "Top half?" ↑ "Top quarter?" ↑ "One of the first four?" ↓ "Fifth or sixth?" ↑ "Fifth?" ↑ "So, the clue is optimistic?" ↑ "Is 'that' exactly right?" ↑ "So, the item is 'I feel optimistic'?" ↑ If the structure is 'I am ....' then just go through the same procedure as above.

\*\* Using the I feel / I am items in a group of  $\Psi$  Sentences gives a different Energy to when we used in a group of  $\Psi$  I feel / I am where we lift the items off the list to keep the tension between the "I feel" and the "I am".

**c) Ask, "ECS: BBEI list?"** If yes, go to **Lists Working Manual page 3**

**Ask**, "Is the structure of the statement - 'I fear (that) (for) .....'?" or 'I am afraid (of) (that) .....'?" Looking at your list **ask**, "Is there a clue for the first item in the 'Fear of' section?" ↑ - below example only "First column?" ↓ "Second column?" ↑ "Top 2 blocks" ↓ "Third block?" ↑ "One of the first three?" ↓ "Fourth one?" ↓ "So, the clue is 'disorder'?" ↑ "Is that exactly correct?" ↓ "A stronger concept?" ↑

You could look up 'disorder' in a Synonym Dictionary or a Thesaurus and test. You might find that the exact word you want is 'chaos'. **Ask**, "So the first item is 'I am afraid of chaos'?" ↑

**d) Ask, "Core Beliefs list?"** If yes, go to **Lists Working Manual page 5** Share to determine the actual thought between you.

**e) Ask, "Clue in one of my Reference Books?"** Check through your Reference materials.

ECF	Reflex	Element	Item/ Other Factors
$\Psi$ Sentences	NV	2	- I find criticism hard to cope with
			- People are constantly putting me down
			- Maybe I need some anger management strategies

### ALLERGY TAPPING CORRECTION

#### Table of Procedure in the WM on page 13 the Points on p 14 and List of Common Foods on p 16

**This ECF deals with an energetic disturbed reaction/s at tissue level.** After the correction is finished the body will now **recognize** what it should do with a specific substance and it also sparks off a detox to off-load the toxic levels of the substances that may have been stored in the body.

A disturbed reaction to a **NUTRIENT** means the body is not recognizing it **NEEDS** the substance so deals with it inappropriately i.e. the nutrient is not delivered to or taken up by the cells and is either stored inappropriately\*\* and / or excreted. A disturbed reaction to a **TOXIN** means the body is not recognizing that it **DOES NOT NEED** the substance and so instead of the eliminative systems breaking it down and excreting the toxin safely, it is stored in the body. \*\*The need for supplementation may be less as the body uses the stored nutrients instead so if you have Adjunctive: Nutrition coming up with the body of work check this possibility.

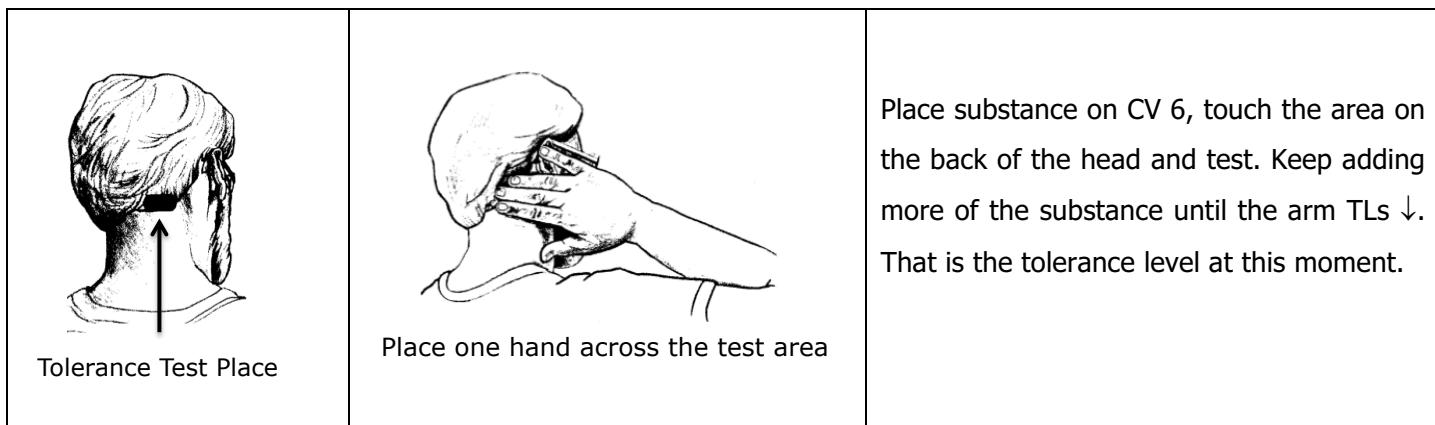
### TOLERANCE TAPPING CORRECTION

#### Table of Procedure for the TT in the Working Manual p 15 and the List of Common Foods on p 16

**Remember to warn clients they if they are feeling below par, for whatever reason, to avoid the substances for a few days because their tolerance levels would have dropped.**

### MEASURING ACTUAL TOLERANCES

Sometimes it may be appropriate to check for the tolerance level of a specific substance at this moment in time to prove a point to the client.



\*\*\*\*\***Remember our tolerance levels** for everything we come in contact **vary from day to day** and even from **hour to hour** and **minute to minute** – the tolerance levels depend on how well we are feeling and how much of the substance we have eaten or been exposed to within the past few hours / days. **Be sure to stress this.**

## ESSENCE VIBRATION CORRECTION

### Table of Procedure for the Essence Correction in the Working Manual page 17

Everything emits a specific Energy pattern or vibrational image. **All vibrational essences** send a specific Energy pattern or vibrational image into the physical body to connect with the crystalline structures within the body. The crystal essences seem to ground the Energy in the physical body while the flower, colour and wood essences often work to clear emotional stress that has become locked into the cell memory and is 'polluting' the emotional body.

When Vibrational Tools are used within Energy Corrections, I find that the assimilation of the vibrational pattern takes a lot less time to integrate and strengthen the existing Energy pathways as the pattern has been instantly retuned and brought into harmony and balance with the client's own Energy System.

Essences or potencies of Flower, Crystal, Tree, Light, Sea remedies and homoeopathic substances follow a specific pathway through the physical and subtle bodies so their Energy pattern/ vibration/ resonance can be assimilated. In the physical body the cell salts, adipose tissue, lymph, red and white blood cells and the pineal gland all have a crystalline structure which assist the passage of and assimilation of vibrational remedies into the body. When vibrational remedies are ingested they are assimilated by the circulatory system and then absorbed into the bloodstream. The polarity created by the circulatory system and the nervous system produces an electro-magnetic current. Both systems have quartz like qualities which help to produce the electro-magnetic current. This electro-magnetic current attracts the vibrational remedy and it settles here. The red and white blood cells have a high content of quartz like qualities which help to draw the life force down into the physical body. Awareness or consciousness manifests through the brain and nervous system so we find the ethereal vibration of a remedy or its intelligence being taken up and distributed into the Meridian System.

### From the Meridians, the life force of the remedy moves

- ◆ **from within to without** to be absorbed by the various subtle bodies and their transducers, the chakras, or
- ◆ **from without to within** from the Meridians through the major Energy portals – the ethereal fluidium, the chakras and the skin – down into the physical body to cellular level where it works on imbalances which are causing dis-ease in the physical body.

The transfer of the Energy pattern happens instantaneously when acu-points are held. However, when ingesting a vibrational remedy, it is critical that the repeated dosage is maintained to enable the body to accept the pattern and deal with it effectively.

## ENERGY TONING FACTORS

ESSENTIAL OILS						
CITRUS	FLOWERS	HERBS	EXOTICS	RESINS	SPICES	TREES
Bergamot	Chamomile	Angelica	Palmarosa	Amyris	Aniseed	Birch
Citronella	Geranium	Basil	Patchouli	Benzoin	Anise-Star	Cajuput
Grapefruit	Helichrysum	Carrot Seed	Sandalwood	Camphor	Bay	Cedarwood
Lemon	Immortelle	Celery	Vetivert	Elemi	Black pepper	Cypress
Lemongrass	Jasmine	Clary Sage	Ylang Ylang	Fir	Caraway	Eucalyptus
Lime	Lavender	Dill		Frankincense	Cardamom	Juniper
Litsea Cubeba	Linden Blossom	Fennel		Galbanum	Cinnamon	Lime
Mandarin	Neroli	Garlic		Guaiacwood	Clove	Mandarin Red
Melissa	Rose	Hyssop		Myrrh	Coriander	Myrtle
Orange	Tagetes	Marjoram		Terebinth	Cumin	Niaouli
Tangerine	Violet	Origanum			Ginger	Petigrain
Verbena		Parsley			Nutmeg	Pine
		Peppermint			Pepper	Rosewood
		Rosemary			Pimento	Tangerine
		Santolina				Tea-tree
		Spearmint				
		Tarragon				
		Thyme				
		Yarrow				

"The Directory of Essential Oils" by Wanda Sellars latest edition 2005 published by Vermilion, London available at discount including postage from <http://www.bookdepository.co.uk>. This book covers 80 oils – Aroma, Features, History and Myth, Chemical Constituents, Properties, Precautions, Mind, Body, Effect on Skin and Blends. Josie Donaldson LLSA MIFA has written a superb book on the Subtle Properties of the Essential oils which both Sandie and I use all the time. Contact Josie - [complementarytherapyclinic@gmail.com](mailto:complementarytherapyclinic@gmail.com) for details.

Essential Oils have the highest vibration and most ranging effects of all the Energy tools we could use for healing. They can impact into the physical body and out through all the subtle Energy bodies.

## ETF: USING ESSENTIAL OILS TO PROMOTE HEALING

For an **aura sweep** shake a couple of drops into the palm of your hand and rub your hands together to warm up the oil and release the fragrance. For **sniffing**, place a couple of drops on a tissue and ask the client to take several deep sniffs.

When the next thing to do is Energy Toning Factor: Essential Oils **1.** Ask, "How many oils are we using, at least 1?" etc – it is usually only one. Identify the oil. **2.** Ask, "What are we doing with it – Aura sweeping?" **2a.** If ↑ ask, "Figures of eights?" ↑/↓ "Round the head and then sweeping down through the aura to the feet?" If ↓ to aura sweeping then the client will be sniffing the oil. (Usually need around 5 deep sniffs)

**3.** Once you get your signal that you have done the sweep for long enough or the client has sniffed the oil for long enough **ask**, "Has the essential oil done what it needs to do for the present?" If ↑ move onto step 4. If ↓ sweep again or ask the client to keep sniffing. **4.** Finally ask, "Is there anything else we need to know about this?" If ↓, move on. If ↑, does client need a couple of drops on a tissue to go home and sniff it once or twice a day for a number of days. (In which case put in a plastic sealable bag and it will hold the smell for about a week)

**MERIDIAN TRACING HORARY CYCLE**

**Working Manual Energy Toning Diagrams for the Meridian Tracing in the WM pages 20-26**

All Energy Toning activities strengthen existing Energy pathways. To be effective they normally have to be repeated in a set sequence e.g. taking homoeopathic remedies at a set potency so many times a day for a set number of days. In HK 1 we consider the Energy Toning Factor: Meridian Tracing Horary Cycle. When we trace the Meridians from the beginning point to its end point we strengthen the interface between the Etheric and Physical bodies. You, the practitioner, or the client, can trace the Meridians. If you are tracing it on the client - trace the Meridians just off the body.

Down Front Up front	Yang Yin	Stomach 1 – Stomach 45 Spleen 1 – Spleen 21	Head to Feet Feet to Torso	7am – 9am 9am – 11am
To Outside of hands Back to head	Yin Yang	Heart 1 – Heart 9 Small Intestine 1 – Small Intestine 19	Torso to Hands Hands to Head	11am – 1pm 1pm – 3pm
Down Back Up front	Yang Yin	Bladder 1 - Bladder 67 Kidney 1 - Kidney 27	Head to Feet Feet to Torso	3pm – 5pm 5pm – 7pm
To Middle of Hands Back to head	Yin Yang	Circulation Sex 1 - Circulation Sex 9 Triple Warmer 1 - Triple Warmer 23	Torso to Hands Hands to Head	7pm – 9pm 9pm – 11pm
Down side Up front	Yang Yin	Gall Bladder 1 - Gall Bladder 44 Liver 1 - Liver 14	Head to Feet Feet to Torso	11pm – 1am 1am – 3am
Inside of hands Back to head	Yin Yang	Lung 1 - Lung 11 Large Intestine 1 - Large Intestine 20	Torso to Hands Hands to Head	3am – 5am 5am – 7am
Up back / Mid line Up front / Midline	Yang Yin	Governing 1 - Governing 27 Central 1 - Central 24	Torso to Head Torso to Head	1pm – 3pm 3am – 9 am

**Next thing to do is ETF: Meridian Tracing - Questions to ask:**

**"Are we tracing the complete Horary Cycle?"** If ↑ Client gets off the couch and you do it.

**Then ask,** "Anything else we need to know about the Meridian Tracing?"

If ↑ Client may need to trace the Horary Cycle at home. **Ask,** "How often at least once a week?" ↑ "At least twice a week?" ↑ etc. **Then ask,** "For how many weeks at least one week? ↑ "At least two weeks?" ↑ etc.

Always end any questioning about a specific topic by asking, **"Anything else we need to know about this?"**

### Meridian Tracing Horary Cycle continued

**"Are we tracing the complete Horary Cycle?"** If ↓ For example:

**Ask,** "How many Elements are we tracing at least 1?" ↑ "At least 2?" ↓ (Often is only one) Identify which Element. **Ask,** "Element 0?" ↓ "Element 1?" ↓ "Element 2?" ↑ "How many times are we tracing Element 2 at least once?" ↑ "At least twice?" ↑ "At least three times?" ↑ etc. "Bladder down and Kidney up?" ↑ (This would normally be the case)

If ↑ "Are we tracing Bladder down and Kidney up?" ↓ Then you would trace the Bladder Meridian the tested number of times in a row and then do the same for the Kidney Meridian.

**Then ask,** "Anything else we need to know about the Meridian Tracing?" If ↑, check how many times a day, for how many days / weeks they need to do it at home. If they traced the Meridians 4x in the session then it is most likely that is what they would do at home. But check it. Always end any questioning about a specific topic with "**Anything else we need to know about this?**"

**Your personal notes:**

## **ADJUNCTIVE FACTORS**

Adjunctive Factors are daily life style changes that it is appropriate for the client to make in order to support their Energy healing process and in some cases to promote their long-term health and well-being. They are the client's commitment to the healing process and may be responsible for between 5 and 20 percent of the overall healing process. Some clients struggle to make the changes to their life style and for them it may be appropriate for you to test through the list below

to provide information about what other benefits they will gain in addition to helping with their more immediate concerns and goals. This may give them the incentive to persist with the adjunctive changes you have tested up for them.

Other possible benefits may include:

- Energy levels increased / more resilience
- Better Integration of the Subtle Energy Bodies
- Mental – concentration, memory, alertness, clarity, mental agility
- Weight – loss / gain / redistribution
- Pain reduction / release of toxins / Relief from symptoms and/or Sustained healing for a particular organ or body system
- Better absorption of nutrients
- Correct excretion of toxins and waste products
- Emotional balance
- Spiritual (e.g. moving on, letting go)
- Improvements in handling Relationships / Sexual libido
- Feeling socially accepted by peers
- Feeling motivated / able to set goals
- Improvement in Sleep quality
- Allergies sorted or Tolerance levels raised for all substances
- Reduction of addictions
- Success in achieving goals
- Improved Sports performance
- Improved Learning / Cognitive ability
- With all of these adjunctive possibilities **as soon as you find an item of information** ask, "**Is there anything else we need to know about the .....?**"

### Adjunctive Factors continued

#### PLAY

##### Questions to ask:

- "How much play are we counting in minutes?" ↑ "At least 5 minutes?" ↑ "At least 10 minutes?" ↑ etc.
- "How many times per week at least once a week?" ↑ "At least twice a week?" ↑ etc.
- "Is there anything else we need to know about the play?" ↑ / ↓

Play helps activate the endorphins, which helps healing.

As adults, we often have forgotten how to play.

Play with young children or animals

Belly laughter stimulates the same endorphins as play so people who live alone could watch comedy DVDs.

Discuss with clients what they could do to play – be realistic.

#### REST

##### Instructions to give client:

- Lie on your back (by yourself) and close your eyes.
- Tap around Thymus to bring Energy into balance. Tapping for about 30 seconds anticlockwise in the valley of the boobs.
- Listen to music – Mozart, particularly the Violin and Piano concertos, puts the alpha rhymes into sync and helping the physical body go into a deep state of rest. All the Baroque music as well as Pan Pipe, Georgian Chants or Enya also work well.

(If the client doesn't like music, turn down the sound and put the headphones on CV4. CV4 is the sound receptor sites.)

- Rest before you eat or wait at least 1 ½ hours after eating.

##### Questions to ask:

- "On a regular basis, how much rest do you need at least 15 minutes?" ↑ "At least 20 minutes?" ↑ etc.
- "Is there anything else we need to know about the rest?" If ↑

##### Other things you might need to know:

- Where client is to rest? ↑ / ↓
- Specific time period during the day or evening to take the rest? ↑ / ↓

If client falls asleep during their rest periods then sleep needs to be addressed as well. It means their body is not getting enough good quality sleep. Tell client to persist with the rest periods and after a time they will find their sleep quality will improve.

## **Adjunctive Factors continued**

### **WORK**

Distinguish between paid employment and all the other work that the client does / doesn't do on a regular basis.

It is not our place to suggest the client changes jobs.

We could however test for the right balance of work.

### **SLEEP**

#### **Questions to ask:**

- "Is it the quality of the sleep that needs addressing?"
- "Is it the amount of sleep you are getting?"

#### **Other things you might need to know:**

- Position of bed
- Mattress quality
- Metals beds (2 core cable around the bed)
- Electric blankets to come off
- Colour of sheets/ pillow cases
- Colour of bedroom
- Time goes to bed
- Time gets up

People who sleep deeply and yet wake tired may be spending too long in bed and so suffering from what I call 'sleep toxins'. The lymphatic system may need stimulating by exercise.

### **DEGAUSSING**

#### **General information**

Suggest you reread page 20 the Energy Control System and

- Magnets 600 gauss (ours are rubber)
- Maximum gauss we can use for healing purposes on the body is 1500 gauss.
- A North Seeking magnet to the body forces our cells to spin clockwise. If we muscle monitor a balanced Energy System
  - with cells forced to spin clockwise the muscle will switch off as it picks up the stress.
- A South Seeking magnet to the body forces cells to spin counter clockwise which is in harmony with the normal spin of the cells.

## **Adjunctive Factors continued**

### **Disturbance in our electromagnetic field can be caused by:**

- Sitting in front of VDU computer
- Sitting within 6 feet of TV – radio magnetic forces goes through you
- Electric hobs
- Microwaves
- Mobile phones
- Sitting in car, plane, tube, train

### **Next thing to do – Adjunctive**

#### **Questions to ask:**

"Is it one of the regulars?" ↓

"Degaussing?" ↑

#### **What to do:**

Validate there is a problem

- Midpoint of palm over client's navel. Wave a magnet in their aura. TL ↓

To clear the electro-smog

- Degauss with the hair dryer paying particular attention to the head and feet.

Other questions to ask:

- "Do you need to degauss on a regular basis?" If ↑
- "How often, at least once a week?" ↑ "At least twice a week?" ↑ etc.
- "For how many weeks, at least one?" ↑ "At least two?" ↑ etc.

## **WATER INTAKE**

Most people are not drinking sufficient good water to keep their bodies at optimal hydration levels. All other fluid intake apart

from water has to be processed by the liver to extract water from it. Drinking the right amount of water daily will help the HK

work to be more effective and process more smoothly for the client. Ask them to think of a glass or cup that they could use

as a measure and ask, "On a regular daily basis what would be your optimum daily intake at least one?" etc.

**Ask your clients to drink at least 2 pints of water spread out over the day for at least 4 days before coming to an appointment with you.**

## HOW TO EXPLAIN TO CLIENTS WHY THEY MUST BE DRINKING WATER

Most people are not drinking sufficient good water to keep their bodies at optimal hydration levels. It is essential for our long-term health and well-being that we drink sufficient good quality water daily. The naturopaths recommend that we drink the water at blood temperature - so drinking warm water is best. Hot or cold water is held at the top of the stomach while the body uses its own Energy to bring it to body temperature before releasing it into the system.

We are electro-magnetic beings and on a physical level

- All body fluids contain ionized chemical elements which are excellent electrical conductors
- All metabolic processes are electrical and substances are transported through the cell walls electrically
- Nerve impulses are transmitted electro-chemically
- **All of this electrical activity is driven by water.**

The haemoglobin that transports oxygen to every cell in the body and collects the carbon dioxide to be released from the body needs to be hydrated to work properly. Each haemoglobin molecule has 4 prongs attached to it – two are receptors for oxygen while the other two are to collect and disperse the carbon dioxide. If the haemoglobin is fully hydrated then the haemoglobin molecule is plump and the prongs stand out proud and work with optimum efficiency whereas if the body is dehydrated then the prongs of haemoglobin molecule are bent over and can't work efficiently so the quality of the blood becomes more and more compromised. Haemoglobin is a protein-based component of red blood cells, which is primarily responsible for transferring oxygen from the lungs to the rest of the body. Haemoglobin is actually the reason red blood cells appear red, although oxygen-rich blood is noticeably brighter than the depleted blood returning to the heart and lungs. Fresh haemoglobin is produced in the bone marrow as needed. Essentially, haemoglobin develops a hunger for oxygen molecules. When the blood is carried into the lungs, haemoglobin proteins containing iron atoms attract whatever oxygen is available. This oxygenated blood then travels throughout the entire bloodstream, releasing oxygen into the muscles and organs. The spent red blood cells are transferred to the gastrointestinal system for disposal and new red blood cells with haemoglobin take their place in the bloodstream. As oxygen is reintroduced into the patient's lungs, the haemoglobin refreshes itself and the other gases become waste products.

The vast majority of the population is severely dehydrated and there are many causal factors, including chemicals in the food and environment that reduce our thirst sensation as well as pharmaceutical drugs that dehydrate the body. When we drink alcohol, we expel more fluid than we take in so alcohol also dehydrates us. Sixty percent of the water in our body is ingested through drinking fluid, about 30% comes from food and the cells make approximately 10%.

### How to Explain to Clients Why They Must Be Drinking Water continued

About 60% of water is expended through the kidneys, whilst 30% of water is expelled when you exhale and the remainder is released through sweating and fecal matter. By drinking too little water we reduce the ability of the immune system to function optimally. The cells which fight disease are produced less efficiently by the immune system and then are slow to get to where they are needed because our lymph system and fascia transport systems have slowed almost to a halt as to be virtually ineffective. Hydration also supports the emotional processing and helps keep us all emotionally well. If you get thirsty when you eat it is because your body does not have enough water to digest the food. It is actually best to drink water 30-45 minutes before you eat to assist your body with the digestive processes.

#### Simple ways to revitalise your water: -

- Add a **handful of quartz crystals** to your water and let it sit for 8 hours. The hexagonal structure of the quartz crystals can help to rearrange the flexible structure of the water and bring it back to its original orderly makeup.
- Place a glass jug of filtered water on a Tesla purple energizer plate for at least 5 minutes. The plates create a positive Energy field around themselves that will penetrate any material substance by osmosis.

### HK ELEMENTS and THEIR ASSOCIATED EMOTIONS

The HK Elements sit like a five-pointed star centred on the navel with the navel representing Element Zero.

**The function of all the Yin organs** – Heart, Lungs, Spleen, Liver, Kidneys and Pericardium is to produce, transform, regulate and store the fundamental substances needed by the physical body – Chi, Blood, Jing (Essence), Shen (Spirit) and Fluids. The Yin physical organs are solid and work all the time.

**The function of all the Yang organs** – Gall Bladder, Stomach, Small Intestine, Large Intestine, Bladder and Triple Warmer is to receive, break down and absorb food to be transformed into the fundamental substances and then transport and excrete the excess. The Yang physical organs are hollow and only work when they receive the fundamental substances.

#### Emotions Associated with the Elements on the next page

## HK 1 Reference Manual

<b>Governing – Yang 1pm -3pm</b>		<b>Central – Yin 3am-9am</b>	
<b>Positive</b>	<b>Negative</b>	<b>Positive</b>	<b>Negative</b>
Supported	Unsupported	Self-Respect	Overwhelm
Trust	Distrust	Success	Shame
Honesty	Dishonesty		Shyness
<b>Gall Bladder – Yang 11pm-1am</b>		<b>Liver – Yin 1am-3am</b>	
<b>Positive</b>	<b>Negative</b>	<b>Positive</b>	<b>Negative</b>
Decisive	Passive	Contentment	Anger
Righteous	Anger	Happy	Distressed
Assertive	Helpless	Transformation	Self-Righteous
<b>Bladder – Yang 3pm-5pm</b>		<b>Kidney – Yin 5pm-7pm</b>	
<b>Positive</b>	<b>Negative</b>	<b>Positive</b>	<b>Negative</b>
Peace	Restlessness	Courage	Fear / anxiety
Harmony	Frustration	Decisive	Cautious
Patience	Impatience	Loyal	Disloyal
Confidence	Fear		
<b>Large Intestine – Yang 5am-7am</b>		<b>Lung – Yin 3am-5am</b>	
<b>Positive</b>	<b>Negative</b>	<b>Positive</b>	<b>Negative</b>
Self-Worth	Guilt / grief	Cheerfulness	Guilt / grief
Release	Indifference	Humility	Regret
Enthusiasm	Apathy	Tolerance	Intolerance
<b>Stomach – Yang 7am-9am</b>		<b>Spleen – Yin 9am-11am</b>	
<b>Positive</b>	<b>Negative</b>	<b>Positive</b>	<b>Negative</b>
Sympathy	Hunger	Validated /Approved	Cynicism
Empathy	Disgust /Doubt	Sympathy	Indifference
Contentment	Disappointment	Empathy	Envy
Harmony	Bitterness	Confidence	Rejected
Reliable	Unreliable	Assurance	Fears for the future
<b>Triple Warmer (Burner) –Yang 9pm-11pm</b>		<b>Circulation Sex (Pericardium) 7pm-9pm</b>	
<b>Positive</b>	<b>Negative</b>	<b>Positive</b>	<b>Negative</b>
Balance	Loneliness	Calm	Hysteria
Elation	Humiliation	Responsible	Stubbornness
Lightness	Heaviness	Relaxed	Gloomy
Hope	Despair	Tranquil	Jealous
<b>Small Intestine – Yang 1pm-3pm</b>		<b>Heart – Yin 11am-1pm</b>	
<b>Positive</b>	<b>Negative</b>	<b>Positive</b>	<b>Negative</b>
Assimilation	Overexcited	Love	Hate
Nourishing	Unappreciated	Forgiveness	Anger
Joy	Sorrow / Sad	Compassion	Unworthy
Discouraged		Self-Worth	Self-Doubt

**HK 1 OPEN BOOK PAPER**

1. What is the HK definition of a working Muscle?
2. What actually happens when we pinch into the spindle cells?
3. What is the HK definition of an Indicator Muscle?
4. When we monitor an Indicator muscle what information is the muscle actually providing?
5. Where on the body is the Element Evaluation Point (Jimmy's ERP point) for Element 3?
6. What acupuncture points are the REP points for Neurolymphatic Reflexes?
7. How do you locate them on the client's body?
8. What is the REP point for Neurovascular Reflexes?
9. How do you locate it on the client's body?
10. What are the REP points for Sedation Reflexes?
11. How do you locate them on the client's body?
12. What are the Rep points for End Points Reflexes?
13. How do you locate them on the client's body?
14. If you have a strong IM through the Rep points for Elements 0 to 4 and then the IM relaxes on the REP for Elements 5 and 6 where do you go next?
15. What is the best NL place to touch to determine if you are holding NL 5?
16. What is the best NV point to touch to determine if you are holding NV 5?
17. What Sedation acu-points would you touch to determine if you are holding Sedation 5?
18. What is the purpose of re-checking the EEP is locked before going through the other 4 HK checks?
19. How would you check for dehydration?
20. If the answer was yes to the question – 'Is there any reason why we may not work together right now?' What apart from dehydration, might you check?
21. What is happening in the physical body when we hold Neurovascular Points?
22. Explain the difference between Energy Correction Factors and Energy Toning Factors.
23. Why do we work in groups?

**HK 1 Open Book Paper continued**

24. What is an ECS: BBEI?
25. What sets the ECS: BBEI correction apart from the regular H.K. correction procedure?
26. When we do an ECS: BBEI where are we working in the body?
27. What are we dealing with when we do an ECS: BSE?
28. What sets the ECS: BSE correction apart from the regular H.K. correction procedure?
29. What is the format for  $\Psi$  I feel / I am psychological corrections?
30. Where might you find a clue for a group of  $\Psi$  Sentences?
31. Name the 4 places on the body connected with corrections that we use to TL to validate that we have set up the stress correctly for the corrections?
32. What are we measuring when we TL at each of these places?
33. What acu-points must we TL **for permission to tap** for a disturbed energy reaction at tissue level?
34. Where do we tap to correct for a disturbed energy reaction at tissue level?
35. What acu-points must we TL for permission to tap for Tolerance?
36. What is the tapping procedure for tolerance?
37. How can we temporarily diminish the effects of "electro-smog" or internal electric currents?
38. What test do we use to validate the need to degauss?
39. What effect does placing a magnet with the north-seeking pole to the body have?
40. What is the daily two-hour period of peak energy through the twelve bilateral Meridians called?
41. When Energy Toning, by tracing the Meridians, where do we normally start in the cycle?
42. What points do we always hold to do a psychological ESR correction?
43. What points do we hold to do a psychological PSR: Concern correction?
44. What are we looking to achieve when we do a psychological PSR correction?
45. What is the purpose of the Adjunctive Factors?

I suggest you spend time working through these questions to help you consolidate your understanding of the HK theory from HK 1.

**I prepared this document in 1996 as a way of helping students training in HK with me to integrate their kinesiology knowledge.**

## HK 1 Reference Manual

### Notation Examples for HK 1 protocols

	ECF	Reflex	Element	Item / other Factors
1	ECS: BBEI	<b>AF /</b>	<b>FE</b>	- Fear of being blamed - Fear that I won't be good enough
2	ECS: BSE	<b>Squeeze ↑ / ↓ Hairline</b>	<b>Squeeze across Inion</b>	_ Life is hard _ I don't deserve friends
3	Ψ I Feel/ I Am	NV	2	- I feel furious - I am adequate - I feel used - I am welcomed
4	Ψ PSR: Concern	NL <sup>1st</sup>	0	Concerned about important job interview
		NV <sup>2nd</sup>	0, 2	Index 7 ↓ 1
5	Ψ ESR	<b>NV</b>	<b>0</b>	Concerned about daughter's wedding plans
6	Ψ Sentences	EP	5	- I need to experience joy in my life - I do not handle criticism well
7	Synergy Tap	<b>EP</b>	<b>2, 4 tap</b>	- Coffee - Milk
8	Tolerance Tap	<b>[NL]</b>	<b>2, 4 tap</b>	- Soap
9				► ETF: MT Horary Cycle before bed x 3 weeks & 2 days (Last day 11 <sup>th</sup> July 05)
10				► Adj: Rest 20 mins daily x 10 days Quiet background music, undisturbed Tap Thymus 1 <sup>st</sup> anti clock wise x 1 min

## HK 1 Reference Manual

Notation Examples for HK 1 protocols continued

11

ECF	Reflex	Element	Item / other Factors
			► Adj: Sleep
			Turn light off before 11 pm
			► Adj: Play
			Do something you enjoy & makes you laugh
			At least x 1 per week
			► Adj: Work
			Make sure you take ALL your breaks
			REGULARLY preferably going out into fresh air
			► Adj: Nutrition
			Avoid milk for 5 days then drink a maximum
			Of 5 fluid ounces per day
			► Adj: Water
			Drink minimum of 4 glasses of water daily
			regardless of other fluid intake
			► Adj: Degauss
			Degauss with motor side Hairdryer
			After working on the computer for more than
			45 minutes

Notation examples prepared for this manual by Amanda Brooks HK Tutor and Practitioner in 2008

Please refer to these notation examples when you are completing your session sheets. Always leave 2 lines between each entry as it makes it easier for the tutor to mark. Remember to have your 'client' sign the form. Please be as neat as possible.

**Please note:**

- **That if you have permission to tap a number of substances together at the same time you need to draw a solid bar down the list of dashes for the Tapping for Bio-Energetic Disturbed Reactions and Tolerance Tap corrections.**
- **The ECS: BSE corrections require you to squeeze gently in both places at the same time.**
- **Points in bold indicate REPs and EEPs that must be held or tapped for the corrections. All other Points are examples only.**