

*Bio-Energetic Kinesiology - The HK System  
also known as Natural Bio-energetics  
developed by Dr. Jimmy Scott*



**HK 2 MANUAL  
Ann Parker**



*Find your Way with HK*



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

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Although this Manual is based on Dr. Scott's HK 2 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 written approval from Ann Parker, Health Kinesiology UK, Australia and NZ



I have been a 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.**



## HK 2 WAYS OF WORKING

**(i) Take out the Client's Record of Visits Form** (On first visit, talk through case history form. On following visits discuss and record changes) **(ii) MEB** - Record the Reflex/es and Element/s you held **(iii) All checks correct?** **(iv) Ask for Energy Permission to work:** If ↑, Tick the EP box

The client has listed a number of concerns and goals on their Case History Form and at HK 2 we add the option of working in a Client Specified Issue. However, with the HK knowledge that you have at HK 2 it is highly unlikely you will be able to resolve a specific concern or goal of the client's in just the one session. This not to say that the HK sessions you do, whether as CSI or WIBS, will not make a significant difference to their over-all health and wellbeing – it will! **You just keep working your menu!**

**Initially you need to decide how you are working the session today so ask,**

- "To initiate a healing process and help you achieve your goals and bring your Energy System into harmony and balance how are we working today - in an Issue?" (This will be a Client Specified Issue)
- If ↑, take out a Facet form and record all the work on it.
- If ↓ to CSI, you are Working in Body Sequence (WIBS) as per HK 1. So, take out the WIBS form and record work there.

Ideally, we are always looking for the best starting point to unravel their stress and the client's body once Meridian Energy Balanced will intuitively know this in order to achieve their most effective and efficient healing process.

**1. In BODY SEQUENCE - Notation A TRIANGLE** (The order number of the Factor will be recorded inside the triangle)

Working in Body Sequence we are just working along the line of all the possible work we could do for a client in their body's chosen priority. For example, for their first session we might do

△ 1) ECS: BBEI 2) Ψ I feel / I am 3) ECS: MC 4) Adj: Rest 5) Adj: Water

and then the next time we would continue working in priority so although our client notes would say

△ 1) ECS: BSE 2) Ψ Sentences 3) Ψ PSR Concern 4) Allergy Tapping

This second session would actually be their 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> overall work.

**We have two possibilities for determining the name of the Issue:**

**2. CLIENT SPECIFIED ISSUES (CSI) - Notation A SQUARE** but the numbering in the margin is recorded in a circle.

### 2a) The client's first choice

**Ask**, "Head-wise, which of these concerns or goals would you choose right now?" They will name one of them **so now ask**, "Do we have Energy Permission to work and focus on this concern/goal right now?"

- If ↑, you now need to decide whether you are working on the **over-all issue** or **some aspect** of it.  
**Ask**, "Are we naming the issue as the client originally specified it?" If ↑, jot it down on the Facet Form and move onto **3)**

## 2a) continued

- **If ↓** to focusing on the overall issue then you need to discuss with the client the various aspects associated with it. Jot them down and then test through which will be **the focus** for today's session, record it so in fact naming the Issue. Then **move onto Step 3**).

On page 2 you will find some examples from my teaching files of sorting out what aspect was the priority for students on the class. To illustrate how to set up a CSI for their clients, I first chatted with them to identify the various aspects or components for the presenting concern or goal that they had chosen and then tested the priority for the class example.

When we work in a Client Specified Issue the client's body wisdom is cherry picking the actual work that addresses that issue. Say, the concern chosen by the client was 'letting of the past'. Permission to work with this ↑ CSI: 'Letting go of the past'

The first ECF might be the ECS: MC (no 3 from first session), the second ECF might be Ψ Sentences (actually their 7<sup>th</sup> overall priority), the third ECF the Allergy Tapping (actually their 9<sup>th</sup> overall priority), and the fourth ECF Ψ I feel / I am (actually their 12<sup>th</sup> overall priority) etc. As the work for the Issue is worked out it would be recorded on the **Facet Analysis Grid** see **page 4**.

## 2b) The client's body's priority choice

Test through to see which concern or goal on their list their body wisdom chooses to focus and work on right now. Then go through the same process as described on page 1 to find which aspect of their concern or goal is the focus for the work today and record, so in fact naming the Issue. Then **move onto Step 3**)

## Examples of how to name your issue:

In establishing the name of the Issue by chatting to the client and establishing which aspect of the concern or goal is to be focused on today allows you to make a significant difference for the client without raising their expectations that you will wave a magic wand and suddenly all their concerns are resolved.

Examples from my teaching files:

### Student A - Concern: Preparing a workshop/presentation to promote my practice (Head decision ↓ Body's

priority ↑ )

Know enough / own the information  
Will I look the part? – Am I a fraud?  
Attracting attendees  
Do I spend time preparing handouts?

This was the aspect to deal with first

### Student B – Concern: Selling home and moving (Head decision ↑ )

Losing my security  
Have I made the right decision?  
Will the whole process go through smoothly and I get the price I want?  
Integrating into a new community  
Downsizing  
Organizing the physical move

This was the aspect to deal with first

### Examples of how to name your issue continued

#### Student C – Concern: Stiffness in hands ((Head decision ↑ )

Dealing with the constant physical pain  
No longer to be fully independent  
Asking for help and receiving it gratefully  
Coming to terms with getting old

#### Student D – Concern: Building a cabin in the back garden (Head decision ↓ Body's priority ↑ )

Is it the right decision to spend the money involved right now?  
Losing my privacy  
How do I promote it –  
go for something like Air BnB or use an established letting agent? Commission charges?  
Should I go for a long term let with the possibility of more damage?  
Would it be better to go for short term lets? Would have to be constantly paying for the vetting process.

**3)** Now you need to establish how much work is involved for the Issue and it will be set up across the Facets to ensure you do the best possible job for your client.

### FIND THE FACTORS AND NUMBER OF ITEMS NEEDED FOR EACH FACET

(Fill in the second and third columns on the issue analysis form)

- "For this issue, 'name it' are there Factors to be addressed under the \_\_\_\_ Facet?" ↑
- "ECF?" if ↑, go down menu to find type of Energy Correction.
- Immediately ask "For this group of 'name the ECF' how many items?"
- "Any other Factors under the 'name it' Facet?" if ↑ "More Energy Correction Factors?" ↑
- Continue down menu. Find next Energy Correction Factor.
- Immediately ask "For this group of 'name the ECF' how many items?"
- When ↓ to ECF, ask "Any other Factors under the 'name it' Facet for this issue?" If ↑, name it and record in the Other Factors column.

**If ↓ - go on to next Facet and repeat the process until you have covered all the Facets**

Move onto Step 4

### 4) Further questions to ask once you have determined the work to be done within each of the Facets

**(4a) Ask,** "Is it ok to do all the work in one session?" **If ↑, ask,** "Is it critical that we do all the work in one session?"

- **If ↑** and you haven't time, don't start but rearrange the next visit for as soon as possible or you could possibly ask for Energy Permission if you could work up some Adjunctive Factors or do some Energy Toning for them right now.

**4b) If ↑** to doing all the work in one session and you haven't time to complete the issue, ask for the best place to stop

- **Ask,** "Where would be the best place to stop today, after the first group of work?" ↓ "After the second group?" ↓ "After the third group?" etc.

### Further questions to ask continued

Say you got a ↑ for after the third group you put a line of broken dashes after no. 3 on the grid and write on the Special considerations line: Can stop after no 3.

- **Ask**, "Does it matter when we complete the work?" **If** ↓ Once you have done the first three groups of work rearrange the next visit for as soon as possible.

**(4c) If** ↓ to doing all the work in one session you must find where you stop today so **ask**, "Where must we stop today after the first group of work?" ↓ "After the second group?" ↓ "After the third group?" **If** ↑ you notate it with a solid line after no. 3 on the grid. Write on the Special Considerations line: Must stop after 3

**Then ask**, "Is there a time window?" **If** ↑, you need to work out how long you must stop for and then which days are open for you to do the work. It is imperative that the work is completed within the time window specified. **Ask**, "How long do we wait are we counting in days?" ↑ "At least 1 day?" etc.

If we must stop after the third group of work and the time window is we must wait at least 6 days and then the work must be done on either day 7, day 8, day 9, or day 10. This would be recorded on the Special Instructions line as:

**Special Instructions:** Stop after no. 3. Wait 6 days [7, 8, 9, 10]

Following these instructions allows a smooth healing process for the client.

**\*\* Time Windows** – Time windows are not a concern when working in Body Sequence as the client's body indicates a specific amount of work to be done in a session. If, however when you are setting up an issue and there is a Time Window involved discuss with the client what this means and ask for their conscious permission to proceed with the session. If the client cannot come to complete the issue on one of the days specified in the Time Window, then don't start. You can either reschedule the session for another day so the time frame works to be able to complete the issue and / or ask instead for permission to do some other HK work right now such as Energy Toning or working up some Adjunctive Factor for them.

The client's body wisdom and the HK practitioner's Energy knowledge, allows the client to follow their best route to their own healing. When we work with a client we become one Energy System with the client and so each individual practitioner tests up a specific healing path for their client.

Interestingly enough, the chosen aspect for the Issue often addresses or partially addresses some of the other aspects of their concern or goal.

When they come back for their next session, you must check which further aspect you work on for that day's session.

## ISSUE ANALYSIS

Once we have named the Issue we record the work on the facet Analysis Grid. Working the facets allows us to spotlight every possible aspect of the Issue to ensure we highlight all the work that needs to be addressed to allow the client to initiate healing at a very deep level.

The Facets are **PREVENTION, CAUSE, PROCESS, EFFECT, REPAIR, BLOCKING, SYMPTOM, OTHER.**

When we do our Issue Analysis through the Facets we **ask**, "For this Issue 'name it' are there Factors to be addressed under 'name the Facet' and work through the grid systematically

### PREVENTION

- Work addressed under this Facet will help to keep other Energy disturbances from happening **in the future.**

### CAUSE

- **Historical** – a physical or psychological trauma from the past that does not need to be identified. However, we may need to address the CAUSE OF THE ENERGY DISTURBANCE to enable healing to occur. This work could range over any one of the Factors.
- **On-going** – this is something that is going on now and consequently is responsible for the 'presenting concern'. Examples of ongoing causes are Geopathic stress, food / environmental toxicity, obsessive behaviour and negative thought patterns. For the Geopathic Stress or Toxicity we would find work to do under the Adjunctive Factors while for the obsessive behaviour and negative thought patterns Energy Correction Factor work either groups of ECS: MCs, ECS: BSE and / or Psychological structures would be the most likely work needing to be done.

### PROCESS

Process is what is keeping the 'problem' going.

- **Mechanics of the 'problem'.**  
What Factor/s do we need to do to get to the heart of the 'problem' and allow the body/mind to initiate the healing?
- **Awareness**  
(i) What is the client doing to aggravate the problem? (ii) Are they out of touch with their body / feelings?
- **Acceptance / Denial**  
(i) Does the client need to accept the situation for what it is or where they are at? (ii) Do they need to break through negative 'stuff'? (iii) If a client is in denial then this could block their healing process and may need to be addressed.

## Issue Analysis continued

### EFFECT

This is more a **side effect** of the cause and/or process and if work is needed under this facet it means that even after fully addressing the other facets the 'side effect' would still be there.

People can either be aware of the side effects stemming from the cause or process because there appears to be an obvious link or they are totally unaware because the effects are hidden.

- Beneficial effects could be enjoying the extra attention they are receiving or enjoying time out from work they dislike or hate.
- Detrimental effects can be despair or depression after loss – a relationship breakdown, a death, redundancy, or serious money problems leading to losing a home or bankruptcy.

### REPAIR

- **Mechanics of the repair**

What work needs to be done to get the physical body or the psyche to repair?

- **Pace of the repair**

Do we need to do work to speed up the healing process or to slow it down?

- **Sequence of repair**

Is work needed to be done to ensure that the body / mind heals in the right order?

### BLOCKING

- **On a physical level** - making it difficult for the physical body to heal itself. E.g. damaged nerve blocking an impulse.
- **On a psychological level** – emotions like fear stopping the client from moving forward and changing.
- **On a spiritual level** – e.g. belief systems that hold the client back.
- What work needs to be done to allow the body to release the block/s?

### SYMPTOM

Clients are generally aware of their symptoms and if work is needed in this facet it means that the symptoms would not go away in spite of all the other work that has been done in the Issue.

### OTHER

This Facet gives us the opportunity to ensure every aspect of the 'problem' is covered.

## Minna Oldfield's Summary of Facet Analysis

	Energy Correction Factor	No Items	Other Factors	Order
<b>PREVENTION</b>				

Work done under **Prevention** will help keep other Energy disturbances from happening in the future. Perhaps giving clients advice under the Adjunctive: Nutrition re their diet might help to stop them developing high blood pressure.

<b>CAUSE</b>				
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**Historical Cause** is something that is over and done, like an accident or trauma. An **Ongoing Cause** is still occurring, like daily exposure to a toxic chemical, geopathic stress, negative thinking. **When we work in this facet we are addressing the Energy disturbances because of the Cause/s.**

<b>PROCESS</b>				
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**The process** is the ongoing current condition - what is keeping the problem rolling. 3 possibilities - **Mechanics** refer to the Factors that must be done to allow the problem to be corrected by the body/mind. **Awareness** - What is the client doing to aggravate the problem? Are they out of touch with their body / feelings? **Acceptance** are they able to accept where they are at right now? Or are they so accepting they can't see themselves ever changing? **Denial** Are they in denial of the problem?

<b>EFFECT</b>				
---------------	--	--	--	--

**The effects** may be as a result or side effect of the Issue. Most commonly it is the psychological effects that need Energy attention. Beneficial = liking the attention the condition brings. Detrimental = despair over losing a job due to disability. The effects could either be obvious or hidden.

<b>REPAIR</b>				
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Either tissue **repair** or repair of the psyche might not happen without work within this facet, or it would happen very, very slowly. Three possibilities - **Mechanics** refer to the repair process. **Pace** of the repair must sometimes be regulated. **Sequence** of repair is important. e.g. psychological before physical, or vice versa.

<b>BLOCKING</b>				
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Three possibilities - Can be **physical** (e.g. damaged nerve blocking an impulse), **psychological** (eg: a fear preventing person from doing some essential task), **spiritual** (e.g. fixed beliefs prevent necessary change).

<b>SYMPTOM</b>				
----------------	--	--	--	--

Addressing the symptoms only would not correct the Cause or the Process. But sometimes symptoms are most easily alleviated with specific Energy attention as they appear to have taken on a life of their own and without the Energy work addressed under symptom facet would not be dealt with.

<b>OTHER</b>				
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This facet allows us to address any other Factors that need to be done as part of this Issue and are under Facets Jimmy has not yet named.

**Special considerations:** \_\_\_\_\_ Waiting periods and time windows recorded on this line

- Have we now got all the Energy information we need for this Issue?
- Should I change the grid in any way at all?

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**Issue:** Letting go of the past

	Energy Correction Factor	No Items	Other Factors	Order
<b>PREVENTION</b>				
Work done under <b>Prevention</b> will help keep other Energy disturbances from happening in the future. Perhaps giving clients advice under the Adjunctive: Nutrition re their diet might help to stop them developing high blood pressure.				
<b>CAUSE</b>	Ψ Sentences	3		<b>2</b>
<b>Historical Cause</b> is something that is over and done, like an accident or trauma. An <b>Ongoing Cause</b> is still occurring, like daily exposure to a toxic chemical, geopathic stress, negative thinking. <b>When we work in this facet we are addressing the Energy disturbances because of the Cause/s.</b>				
<b>PROCESS</b>	ECS: MC	4		<b>1</b>
<b>The process</b> is the ongoing current condition- what is keeping the problem rolling. 3 possibilities - <b>Mechanics</b> refer to the Factors that must be done to allow the problem to be corrected by the body/mind. <b>Awareness</b> - What is the client doing to aggravate the problem? Are they out of touch with their body / feelings? <b>Acceptance</b> are they able to accept where they are at right now? Or are they so accepting they can't see themselves ever changing? <b>Denial</b> Are they in denial of the problem?				
<b>EFFECT</b>	Ψ I feel / I am	4		4
<b>The effects</b> may be as a result or side effect of the issue. Most commonly it is the psychological effects that need Energy attention. Beneficial = liking the attention the condition brings. Detrimental = despair over losing a job due to disability. The effects could either be obvious or hidden.				
<b>REPAIR</b>				
Either tissue <b>repair</b> or repair of the psyche might not happen without work within this Facet, or it would happen very, very slowly. Three possibilities - <b>Mechanics</b> refer to the repair process. <b>Pace</b> of the repair must sometimes be regulated. <b>Sequence</b> of repair is important. eg: psychological before physical, or vice versa.				
<b>BLOCKING</b>	Allergy Tapping	2		<b><u>3</u></b>
Three possibilities - Can be <b>physical</b> (eg: damaged nerve blocking an impulse), <b>psychological</b> (eg: a fear preventing person from doing some essential task), <b>spiritual</b> (eg: fixed beliefs prevent necessary change).				
<b>SYMPTOM</b>				
Addressing the symptoms only would not correct the Cause or the Process. But sometimes symptoms are most easily alleviated with specific Energy attention as they appear to have taken on a life of their own and without the Energy work addressed under symptom facet would not be dealt with.				
<b>OTHER</b>				
This Facet allows us to address any other Factors that need to be done as part of this Issue and are under facets Jimmy has not yet named.				

**Special considerations:** Stop after no. 3 and Wait 6 days (7, 8, 9, or 10)

- Have we now got all the Energy information we need for this Issue?
- Should I change the grid in any way at all?

## THE BODY'S COMMUNICATION SYSTEM

The physical body can be likened to a car battery – just as a car battery with too little distilled water doesn't work too well when we become dehydrated there is insufficient electrical charge for the DNA/RNA to communicate with each cell in our body in order to keep us functioning optimally.

Misinformation occurs through the correct frequencies emitted by the DNA/RNA becoming distorted through

- Electromagnetic pollution from Power lines and grids, electrical wiring, mobile phones, laptops and computers
- Microwaves zapping the environment
- Stresses incurred through the daily grind of making a living and paying our bills
- Emotional and mental pain
- Chemicals in food and drink emit frequencies that disrupt the flow of information
- Vaccines and their load of toxic and carcinogenic chemicals

and so, over a period of time dis-ease sets in as cells reproduce flawed copies.

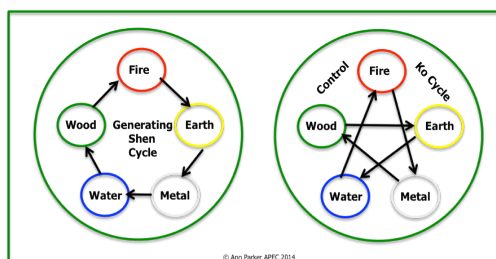
Dr John Sarno, of the New York University School of Medicine, identified the connection between mind and body and how mental and emotional states can lead to physical dis-ease. He suggests that the major cause of pain in the back, neck, shoulders, buttocks and limbs is suppressed emotions. Many of these areas are directly linked through the Meridian Energy System with the gall bladder (a source of depression when out of balance) and the liver (a source of anger when out of balance). The interaction of disturbed mind and emotional programs of the DNA disrupt the balance and accuracy of the communications to the cells.

A study of the body's Meridian Energy System conducted at the Necker Hospital in Paris using radio-active tracers found that Energy moved more slowly along the associated Meridian of a diseased organ than it did through the associated Meridian of a healthy organ. Experiments have shown how disturbed e-motion-al states cause the information (motion) around the body to slow down. So as the body's communication system slows down, the body's control mechanism malfunctions and emotional stress can then cause illness. The slower the Energy moves the slower the vibrational rate of the body becomes and the more we are pulled into a denser and denser state. Work done by a kinesiology practitioner in Los Angeles indicates that a person's state of mind and being effects their vibrational speed or frequency. If we are locked into negative thought patterns and disturbed emotions our whole Energy field will vibrate at a much lower frequency than those who are able to tap into and use their higher senses.

In Traditional Chinese Medicine the Yin Yang Symbol is called 'The Taiji' and it represents 'the highest principle' or 'supreme ultimate' from which all things come into being and the natural cycle of life is generated. The Yin and Yang are created via the Three Ancestries (Penetrating, Governing and Central Vessels). Yang Energy flows outwards and expands until it reaches its peak before changing and flowing into a quiescent (tranquil) state to become Yin Energy.

## The Body's Communication System continued

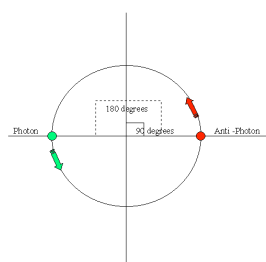
When the Yin Energy has contracted as far as possible there is a return to movement. So, Yin constantly evolves into Yang and Yang evolves into Yin in the continuous cycle of life – they each become the source of the other. The Yang Energy has a dynamic quality – it provides light and warmth and is constantly moving, manifesting and integrating while the Yin Energy has basically a tranquil quality – it is nurturing, passive, cooling, and contracting. As this constant cycle of transformation occurs, the Five Elements of Energy manifest into Wood, Fire, Earth, Metal and Water and move the Energy in either the Shen or Ko Cycles.



## UNIVERSAL ENERGY

### Photons and Anti-Photons

Governed by the premise that you can't experience light without first knowing dark, the universe exists within a series of opposites – yin and yang, male and female, alpha and omega, up and down. The Universal Energy Matrix consists of photons and anti-photons. These photons spin in an anti-clockwise direction, but at opposite sides of an imaginary circle (see diagram below). Given that there are 360 degrees in a circle, these two forces are said to be 180 degrees apart. Like two reflectors on a spinning bicycle wheel!

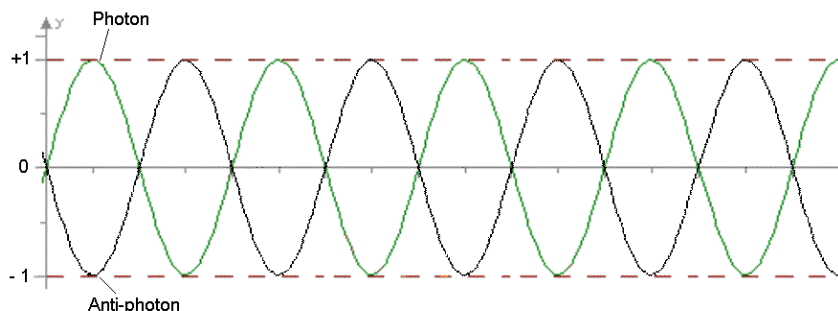


Whilst spinning anti-clockwise, these photons also travel from A to B (wherever they happen to be going!). Imagine a loosely coiled spring as the image that would represent what the photons path may look like. If we could take the spinning Energy of one of the photons, and try to draw it on paper, then it would look something like this:



## Universal Energy continued

If we take both the photon and anti-photon pattern, match them together, then we would end up with a



picture that would look like the one below. Given that they both start at opposite ends of the cycle then they are a mirror-reflection of each other.

If they stopped at any point in their journey, they would always be of equal distance apart e.g. at the top of the curve the photon would have a value of +1, and the anti-photon would have a value of -1. If you added the value of the two forces, they would always equal 0 at the same point in time. This means that the two forces are always in balance, and the mid-point of the two forces is always neutral – like two sides of a seesaw. Both the photon and anti-photon have negative and positive time components, and would always 'travel' together in pairs. Just as light always appears in the presence of darkness.

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## ENERGY CONTROL SYSTEM

Energy Control System is Dr Scott's name for the capacity to monitor our Energy needs. It

- is a function of the brain / body / mind
- performs Energy management functions throughout the body
- regulates clear communication about Energy supply and needs for body, brain, meridians, tissues and cells
- regulates intake of Energy from environment to body such as (i) light and air, (ii) Energy distribution and (iii) Subtle Energy via the meridians
- is responsible for metabolism (working in the digestive system)
- is responsible for excretion of wastes (working with all the eliminative systems)
- and senses injury and invading viruses and bacteria
- releases Energy back to the environment

## Energy Control System continued

### Disturbances in the Energy Control System can show up as

- impaired healing
- impaired intellectual function – 'thick heads'
- needless pain or phantom sensations
- digestive disturbances
- toxic overload
- poor sleep quality and patterns
- high sensitivity to electrical and magnetic fields
- chemical imbalances
- chakra disturbances and imbalances
- spatial dyslexia (Confusion between left and right)
- Almost every dysfunction of the physical body involves the Energy Control System
- "The Universe supplies us with an inexhaustible supply of Energy which is in a perfect, static balance of opposing forces - a vacuum. It appears this infinite Energy is two equal forces opposing each other head on - so nothing appears to be happening. It can be described as two waves which are in phase spatially but 180 degrees out of phase in time."
- Living beings have the capacity to tap directly into this Universal Energy - we absorb the Energy through breathing, sunlight and food. Some Energy is obtained from the chemical reactions of oxygen and nutrients but some is absorbed directly from the vacuum by the brain/mind adjusting the appropriate acu-points to take in energy and feed it in to the Meridians. The Energy then circulates through the Meridians from where it is released into the tissue as needed. The purpose of the Energy flow is to supply each individual cell with the information it needs to function optimally.

### **Almost every dysfunction of the physical body involves the Energy Control System (ECS)**

We take in chi, sunlight, food, air, and ideas  
process and organize them  
then radiate Energy out  
as thoughts, words, actions, heat and bodily excretions

The National Institute of Environmental Health Services in the US in conjunction with the US Department of Energy published a paper on the hazardous effects of EMFs on human health in 1993. Some of their conclusions were that EMFs could be responsible for amongst other problems - **(i)** Changes in the circadian rhythm which impact on the release of important hormones from the hypothalamus. **(ii)** Impaired release of the sleep hormone 'melatonin' by the pineal gland **(iii)** Decreased immune system functioning **(iv)** Possibility of accelerated tumour growth

## ECS: MEMBRANE CONFIGURATION (ECS: MC)

Table of Procedure in the Working Manual page 31, the Lists pages 32-35 and the Special Points for each category on pages 12-23 in the HK Energy Flows Working Manual

Re-configures the membrane and fixes the metabolism within the membrane.

- Working at cellular level
  - Unblocks the receptor sites in cell walls of the tissue being targeted by the group
    - Every cell has numerous receptor sites on its walls to allow passage of nutrients and wastes into and out of the cells. These receptor sites can become blocked by look a-like molecules, particularly drugs, but also by our emotions.
    - The ECS: MC items unblock the receptor sites thus allowing either the passage of nutritional minerals, vitamins, water, lipids and metabolic products to pass through and nourish the cell or release toxic levels of substances for the body to safely offload.
  - Each group of ECS: MCs target a specific tissue area or organ of the body.
- For ECS: MC there are 4 categories each with their own Reflex Energy circuit
  - Feeling
  - Behaving
  - Knowing
  - Experiencing
- I consider ECS: MC as a joker in the pack of HK ECFs as each group may be a mix of categories and hold different Elements for each item. Whereas for regular corrections we hold the same Points for each item in the group and it is the Energy Flow that is glue for the group. **For ECS: MC the underlying Element (glue)** that holds the group together is the tissue area or organ the group is targeting in the body.
- The client needs to resonate to the item. So, we give the client instructions to help them. For example -
  - If the item is 'Feeling special' put your hand over their solar plexus and ask them to get in touch with what is going on in this area when they "RESONATE" with the item. **Say**, "What it's like in here when you FEEL SPECIAL?" Wait for them to get in touch with it and then TL on navel - arm should relax.
  - If the item is 'Behaving: Saying no' put your hand over their solar plexus and ask them to get in touch with what is going on in this area when they "RESONATE" with the item. **Say**, "What it's like in here when you behave in this way and Say no?" Wait for them to get in touch with it and then TL on navel - arm should relax.

## ECS: Membrane Configuration continued

- If the item is 'Knowing I can do whatever I decide to do' put your hand over their solar plexus and ask them to get in touch with what is going on in this area when they "RESONATE" with the item. **Say**, "What it's like in here when you know at a deep level you can do whatever you decide to do?" Wait for them to get in touch with it and then TL on navel - arm should relax.
- If the item is 'Experiencing validation' put your hand over their solar plexus and ask them to get in touch with what is going on in this area when they "RESONATE" with the item. **Say**, "What it's like in here when you Experience validation?" Wait for them to get in touch with it and then TL on navel - arm should relax.

If you are working on someone who cannot understand the instructions above e.g. a small child or baby then all adults present need to do the best they can to envelop the 'client' in the Energy of the item.

### Notation examples:

ECS: MC	F 2	58 / 4 + B 1 / K 27	- Feeling vulnerable
	B 3	10 / 2	- B: Saying 'no'
	K 2	40 / 6	- Knowing I can survive
	E 5	11 / 4	- Experiencing loss

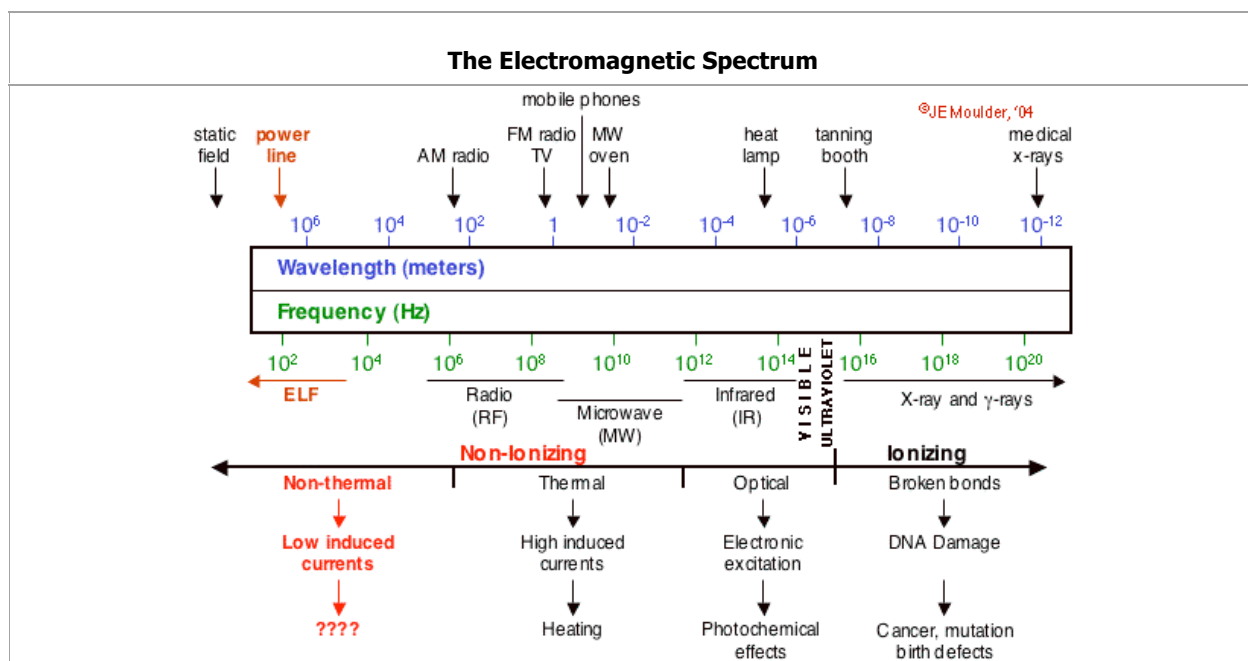
ECS: MC	E 5	11/4	- Experiencing deprivation
	E 3	11/6	- exhaustion
	E 2	58/7	- rejection

### Your personal notes:

## THE ELECTROMAGNETIC SPECTRUM

The parts of the electromagnetic spectrum are characterized by their frequency or wavelength. The frequency and wavelength are related, and as the frequency rises the wavelength gets shorter. The frequency is the rate at which the electromagnetic field goes through one complete oscillation (cycle) and is usually given in Hertz (**Hz**), where one Hz is one cycle per second.

X-rays, ultraviolet (**UV**) light, visible light, infrared light (**IR**), microwaves (**MW**), radio-frequency (**RF**) Energy, and magnetic fields from electric power systems are all parts of the electromagnetic (**EM**) spectrum.



How our bodies react with an electromagnetic source depends on the frequency of the source. We normally look at the electromagnetic spectrum as though it produces waves of Energy. Sometimes Electromagnetic Energy acts like particles rather than waves, particularly at high frequencies. The particle nature of Electromagnetic Energy is important because it is the Energy per particle (or photons, as these particles are called) that determines what biological effects Electromagnetic Energy will have.

At the very high frequencies electromagnetic particles (photons) have sufficient Energy to break chemical bonds. This breaking of bonds is termed ionization, and this part of the electromagnetic spectrum is termed ionizing. The well-known biological effects of X-rays are associated with the ionization of molecules. At lower frequencies, such as those characteristic of visible light and radio frequencies, the Energy of a photon is very much below those needed to disrupt chemical bonds. This part of the electromagnetic spectrum is termed non-ionizing. Because non-ionizing Electromagnetic Energy cannot break chemical bonds there is no analogy between the biological effects of ionizing and non-ionizing Electromagnetic Energy.

## The Electromagnetic Spectrum continued

Non-ionizing electromagnetic sources can produce biological effects. Many of the biological effects of ultraviolet (UV), visible, and infrared (IR) frequencies depend on the photon Energy, but they involve electronic excitation rather than ionization, and do not occur at frequencies below that of infrared (IR) light (below  $3 \times 10^{11}$  Hz). Radio frequency and microwaves sources can cause effects by inducing electric currents in tissues, which cause heating. The efficiency with which a non-ionizing electromagnetic source can induce electric currents, and thus produce heating, depends on the frequency of the source, and the size and orientation of the object being heated.

At frequencies below that used for broadcast AM radio, electromagnetic sources show minimal impact with the bodies of humans and animals, and thus are very inefficient at inducing electric currents and causing heating. In general, electromagnetic sources produce both radiant Energy (radiation) and non-radiant fields. Radiation travels away from its source, and continues to exist even if the source is turned off. In contrast, some electric and magnetic fields exist near an electromagnetic source and are not projected into space, and cease to exist when the Energy source is turned off.

The fact that exposure to power-frequency fields occurs at distances that are much shorter than the wavelength of 50/60-Hz radiation has important implications, because under such conditions (called "near-field"), the electric and magnetic fields can be treated as independent entities. This is in contrast to electromagnetic radiation, in which the electric and magnetic fields are linked. Ionizing electromagnetic radiation carries enough Energy per photon to break bonds in the genetic material of the cell, the DNA. Severe damage to DNA can kill cells, resulting in tissue damage or death. Lesser damage to DNA can result in permanent changes that may lead to cancer. If these changes occur in reproductive cells, they can also lead to inherited changes (mutation). All of the known human health hazards from exposure to the ionizing portion of the electromagnetic spectrum are the result of the breaking of chemical bonds in DNA.

For frequencies below that of hard UV, DNA damage does not occur because the photons do not have enough Energy to break chemical bonds.

Heating (**thermal effects**) is the principal mechanism by which radiofrequency radiation and microwaves are able to cause adverse biological effects. If enough cells are killed, burnt or otherwise stressed then it is possible permanent tissue damage can occur. Cells that are not killed by heating will in many cases gradually return to normal after the heating ceases. Thermal effects are produced by induced currents and not by the electric or magnetic fields directly. Well-accepted safety standards exist to prevent significant thermal damage to persons exposed to radiofrequency Energy, microwaves and also for persons exposed to lasers, infrared (IR) and ultraviolet (UV) light. The electric fields associated with the power-frequency sources exist whenever voltage is present, and regardless of whether current is flowing. These electric fields have very little ability to penetrate buildings or even skin. The magnetic fields associated with power-frequency sources exist only when current is flowing. These magnetic fields are difficult to shield, and easily penetrate buildings and people.

Reference: Electro-Magnetic Fields and Human Health by Dr. John E. Moulder

## ELECTRO MAGNETIC FIELDS

We are electro-magnetic beings

- **On a subtle level**

- The Meridian system is electro-magnetic and electrical flow is facilitated along the Meridian pathways as the acupuncture points have a higher electrical charge than surrounding tissues

- **On a physical level**

- nerve impulses are transmitted electro-chemically
- all metabolic processes are electrical while substances are transported through the cell walls electrically
- all body fluids contain ionized chemical elements which are excellent electrical conductors

Electro Magnetic Fields (EMFs) in the environment can disturb our own normal electric currents which can cause

- faulty metabolism (anabolism or catabolism as well as interaction between essential amino acids and non-Essential amino acids)
- foggy heads and impaired intellectual functioning
- impaired healing with pain and phantom sensations
- chemical sensitivities (bio-energetic disturbed reactions?)
- disturbed rest
- chakra disturbances
- spatial dyslexia (confusion between left and right)
- adverse reactions from exposure to magnetic fields or to electrical fields

## ECS: ELECTRIC CURRENT

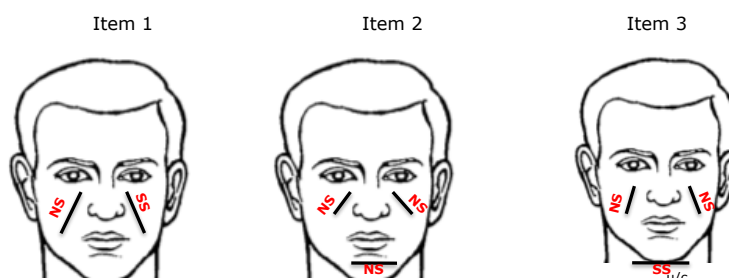
### Table of Procedure in the Working Manual page 38

This correction is done specifically for disturbed electric currents **caused by two or more dissimilar metals** within the body.

#### The disturbed electric currents may cause -

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• impaired intellectual function</li> <li>• needless pain or phantom sensations</li> </ul> | <ul style="list-style-type: none"> <li>• digestive disturbances</li> <li>• toxic overload</li> </ul> |
|---|--|

#### Notation example:



## ECS: ELECTRO-MAGNETIC FIELD

### Table of Procedure in the Working Manual page 36

The ECS: EMF corrections are done for disturbed electric currents anywhere in the body caused by

external EMFs

geopathic stress

psychological stress

physical trauma (from injury or surgery)

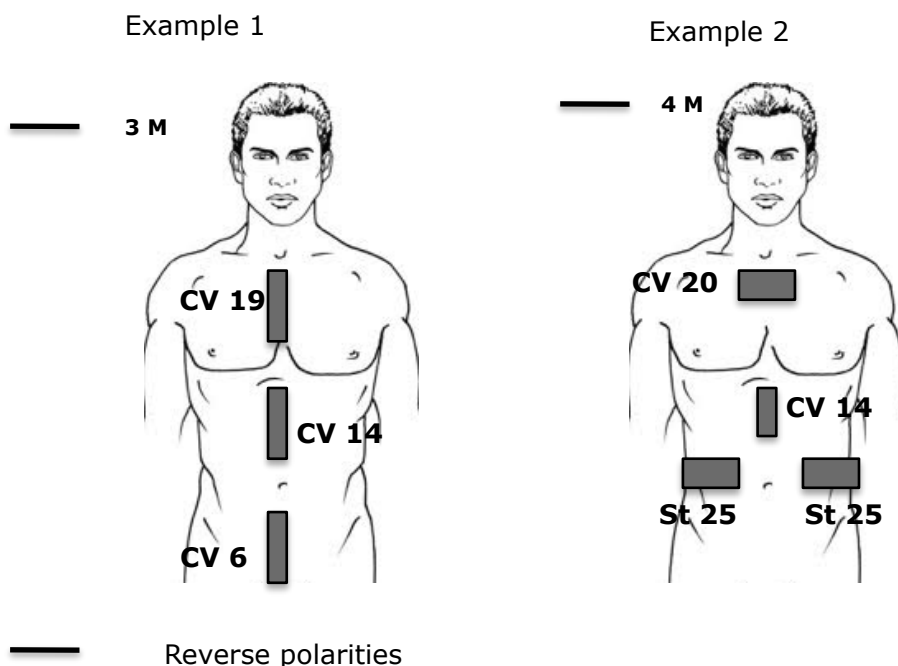
chemical trauma

- To highlight the pattern of stress we use magnets of at least 600 gauss with the polarity clearly defined North Seeking and South Seeking faces.
- The magnets often go to the seat of the pain or injury. Ask about this first.
- If you are working on the back plane of the body you will need to find a different IM. Use the hamstrings. When you need to scan the body for the placement of the magnets so you instruct the client that you will be using their arm to find the position on the body by an indicator change. Arm stays locked with the gentle pressure until it relaxes at the place you are looking for. **Use the pad of a finger to trace down slowly.** Pad of finger = mid-point of magnet.

If you need to scan always start at top of part of the body and work downwards. If it isn't on the midline use the midline to find the axis point. Once you have reached an axis point ask, "Are you tracing towards you?" ↑ / ↓ "Away from you?" ↑ / ↓

The ECS: EMF corrections often only have the one item but if there are **two items then the second item is always a reverse of the first in some way** e.g. **1.** Reverse the polarity of the magnets or **2.** same level on the body, same polarity to the body and same orientation to the body but on the opposite plane of the body.

### Notation examples:



**ECS: SPIN****Table of Procedure in the Working Manual page 37**

Our Energy spins as it moves and the spin is an integral part of the electro-magnetic system. Healthy cells spin anti (counter) clockwise. Disturbances in the Energy spin and spin reversals may be caused by

- inadequate integration in the emotional body leading onto inadequate integration between the emotional and physical body or inadequate integration between the emotional and mental body
- mechanical impact or physical shock
- biochemical imbalances in the body
- electro-magnetic fields or magnetic fields
- disturbed electric currents within the body
- geopathic stress (disturbed Earth Energy)
- psychological stress
- chemical toxins

Possible 'symptoms' or indications of disturbed Energy spin **(i)** high sensitivity to chemicals, **(ii)** high sensitivity to electrical or magnetic fields, **(iii)** chakra disturbances, **(iv)** a confused or foggy mind, **(vi)** can't wear a watch – the switches off, **(vii)** confusion between left and right (spatial dyslexia) and **(viii)** suffer from poor sleep patterns or poor quality of sleep

**To set up the pattern of stress we need to spin the Energy in specific places on the body.**

- Each item may have more than one place where the Energy is being spun and the direction of the spin will be important

**To spin the Energy, we can use**

- Fingers where we must consider 3 aspects to the spin – Direction, Speed and Distance off body
- small weak magnets – the small bar magnets (although still 600g the 'pull' is not sufficient to produce an electrical current)
- Life Transformers but only the Protection from Electro-Magnetic Fields or Protection from Geopathic Stress

If the places we are spinning the Energy are not at seats of pain or injury then they are often over the chakras otherwise scan the body.

**Notation Examples:**

1. Question – "Does it matter what we use to spin the energy?" ↓ Choose the small bar magnets

ECS: Spin NL 2 - 3 P NS CV 5, SS CV 15, SS CV 19  
 - 2 P SS St 25R, SS St 25L  
 - 4 P NS K 14R, NS K 14, SS CV 14, NS GV 21

2. Question – "Does it matter what we use to spin the energy?" ↑ "Magnets?" ↓ "Fingers?" ↑

ECS: Spin NV 4 - 1 P CV 6   
 -1 P CV 12 

### USING THE TOOLS FOR SETTING UP CORRECTIONS

For **ECS: EMF** and **ECS: EC** corrections we use **magnets – the 600 gauss double bungers**. The magnet needs to be strong enough to generate an electrical current.

For **ECS: Spin** corrections we can use **the Life Transformers - Geopathic Stress and or Protection from Electromagnetic Fields, fingers or weak magnets – the small single bars**. The small single bar magnets are sufficiently strong to force the Energy to spin but not powerful enough to generate an electric current.

#### For the placement of Magnets and Life Transformers

- determine how many you are using
- exact placement
  - for magnets (600 GAUSS) the pole, position and orientation are critical for ECS: EMF and ECS: EC
  - for magnets (SMALL SINGLE BARS) the pole and position are critical for ECS: SPIN
  - for Life Transformers only the position is critical for ECS: SPIN
- If using fingers, the direction, speed and height off the body is critical for ECS: SPIN

Determine **the polarity** of the magnet **first** before establishing where it will be placed. Ask, "Is the north seeking pole of this magnet going to the body?"

If the client has an obvious pain or injury ask, "Is this magnet going to the seat of the pain/injury?" If ↑, place on the body and for magnets, ask for the orientation, **"Is the magnet horizontal / vertical / oblique?"** If oblique, place on the body in a vertical position, and then ask "Do I move the bottom of the magnet to the left / right?" Then ask the client for an indicator change when the exact orientation is reached.

#### For ECS: EMF - Pad of your finger = midpoint of magnet

Ask first "Is this magnet on the front plane of the body?"

Other options - back plane of the body, side plane of the body, top of the head, soles of the feet. Once you find which plane of the body then ask about the largest surface first. "Is it on the torso?"

- If ↑, "Midline?" If ↑, trace just off the body down the midline with the pad of a finger asking the body for an indicator change from the muscle - so it will stay strong until you come to the exact place for the midpoint of the magnet.
- If ↓ to midline then you still trace the midline but you are looking for an axis point and from there go either right or left of the midline. Ask - "Do I trace to the left/right?" Again, trace with the pad of a finger asking the body for an indicator change from the muscle. When arm TLs ↓ put magnet in place. **"Is the magnet horizontal / vertical/ oblique?"** If oblique, place on the body in a vertical position, ask **"Do I move the bottom of the magnet to the Left/ Right?"** Then ask the client for an indicator change when the exact orientation is reached.

As each magnet goes in place for ECS: EMF and ECS: EC ask, **"Is everything about this magnet correct - its polarity, position and orientation?"**

## TISSUE ENERGY BALANCE (TEB)

### Table of Procedure in the Working Manual page 39

- The TEB correction releases Energy blocked in the physical tissues.
- Pattern of stress is generated by the client's own hands placed palm down on the body.
- They always come in pairs with the second item of each being a reverse of the first.

### Tissue Energy Blocks necessitating a Tissue Energy Balance correction are caused by

- physical trauma
  - injury
  - jar to the body (trip)
  - difficult birth – lack of oxygen
- psychological stress
- startle or physical shock
- emotional shock

The Energy is blocked in the tissue under the hands and between the hands. Releasing the Energy blocked in the tissues allows either **(i)** the passage of nutrients in to feed the tissue or **(ii)** release of toxins

As the client's hands provide the stress you need to use their quads to TL. So, check you can use them as an IM. Once the client's hands are in place, put one of your hands over your navel and TL the quads with your other forearm.

### Like the ECS: EMF and ECS: Spin the hands will often go to the seat of the pain or injury.

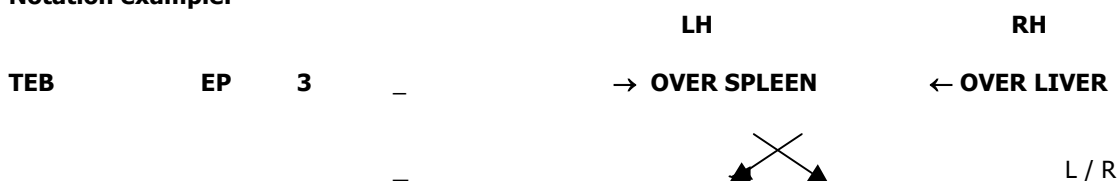
Other common placements are

- on the head – forehead, back of head on the temples, chin, nose, mouth, vertex
- on the torso – midline, chakras, major organs, glands, pubic bone
- on the throat
- joints – knees, ankles, wrists
- on the feet – top of feet and K 1

Ask about the hand away from you first and get it in place. The second hand will often go with the first.

- on top of
- underneath
- above
- below

### Notation example:



**For regular HK Tissue Energy Balance corrections, the second item is always a reverse of the first in some way.**

**SYMBIOTIC ENERGY TRANSFORMATION - SET: ALLERGY /DETOX****Table of Procedure in the Working Manual page 40**

For SET: Allergy / Detox we can use **any number of different substances** to build a complex pattern where all the patterns within the complex pattern are dealt with at the same time. Each substance on CV 6 will TL ↓ at TW 21 and the complex pattern will also TL ↓ (It is the only Energy Correction Factor in the HK menu to do this). To retune the Energy for SET: A / D we hold all the End Points in HK sequence remembering to **ask after each Element** "Have we held these points for long enough?" If ↑ **and** "Any further benefit in holding them for any longer?" If ↓ move on. Otherwise keep holding that particular element. This ECF deals with the disturbed Energy reaction at tissue level so the body can now recognize what it should do with a specific substance/s. The body will now deal with or use the substance/s appropriately. However sometimes the SET: A / D may only use one or two substances.

**What the medics call 'allergy' is a disturbed Energy reaction at tissue level** where the body does not recognize the energy pattern of the substance causing the altered Energy reaction.

- NUTRIENT (= good for body) the body does not recognise it NEEDS the substance and deals with it inappropriately ie the nutrient is not delivered to or taken up by the cells that need it but is either stored inappropriately and / or excreted.
- TOXIN (= harmful for body) - the body does not recognise that it DOES NOT NEED the offending substance and so does not deal with it appropriately. Instead of the eliminative systems breaking down and excreting the toxin safely, it is stored.

Once the Energy work is in place to allow all the eliminative systems to function optimally, the client's body may be ready to do an SET Allergy / Detox to sort out the bio-energetic disturbed reaction for certain foods, chemicals and other toxic waste products. Tapping will only deal with very simple vibrational patterns whereas the SET A/D allows us to build a complex pattern.

To find the substances for SET work whether for Allergy (Disturbed Reactions) or Raising Tolerance Levels

1. Ask for Body substances
2. Check Foods see [Common on page 16 of the Working Manual](#)
3. Check if it's a chemical? - (Cosmetic, Body care products, In the kitchen or laundry, In the garage, Something at work) A drug, Pollens, Animal body substance, or Dust mite
4. Work the kits you own

You can also make / collecting your own kit and store it in paper envelopes properly labelled. Plastic tends to distort the vibrational patterns. See some suggestions on page

**Two key questions before proceeding with any SET: Allergy / Detox corrections**

- a) "Is this the most appropriate and most beneficial correction we could be doing for you right now? ↑
- b) Is there any reason why we should not do this correction now? ↓

## SET - SYMBIOTIC ENERGY TRANSFORMATION - SET TOLERANCE

### Table of Procedure in the Working Manual page 41

Anyone can help hold the points and if they piggyback on the correction it raises their tolerance levels as well. When raising tolerances, the number of substances we use in any one correction tend to be quite small usually only one or two.

**SET Tolerance corrections do not TL ↓.** The substance does not stress the body. The reason for doing the correction is to raise the tolerance levels to an acceptable level so that they are not challenged on a regular basis.

We hold all the Neurolymphatic Points in HK sequence and after each Element **ask**, "Would there be any further benefit in holding this Element for longer?" **and** "Any further benefit in holding them for any longer?" If ↓ move on. Otherwise keep holding that particular element. When all the points are in balance **ask**, "Is this SET: Tolerance robust and complete?"

**After SET work the body needs time to process the correction and build up tolerance levels.**

**We all have tolerance levels to everything we come into contact with and these tolerance levels vary from day to day depending on how we are feeling.**

Regime for re-introducing substances after SET work **Table of Procedures Working Manual page 10**

In HK 2 we have three different Energy corrections that will **directly** enable the body to relate to substances correctly and detox them appropriately if necessary-

ECS: Membrane Configuration    ●    SET: Allergy / Detox    ●    Tissue Energy Balance

Whereas, doing psychological corrections is **an indirect** way of dealing with 'allergy'

**TOLERANCE TESTING FOR VOLUME OF SUBSTANCES** (TL's at AXIS/ATLAS JUNCTION with substance on CV 6 keep adding till TL ↓ - This only gives tolerance level for **that substance at that moment.**

- When **checking the tolerance level** for a particular substance you must **be using the actual substance** on CV6, but for a **tolerance correction** you can use either the substance or a **homeopathic potency of it.**
- The most important thing to remember and tell your clients is that our tolerance levels vary from day to day and they drop when we are under stress whether the stress is physical, emotional or mental.
- So, if the client is feeling below average then they need to back off from eating foods or using substances that were previously a problem for a short period.

### **Making / collecting your own kit.**

Store it in paper envelopes or small glass vials or bottles. Label them carefully.

- collect local flowers when in season, dry them thoroughly and then place in a sealed jar – this means you will end up with a mixture of local pollens
- collect cat and / or dog hair from your own and friends' dogs and keep in a sealed envelope
- collect any drugs that a client may be willing to leave with you

## FURTHER INFORMATION

- Energetic disturbed reactions (**Allergy**) = **Addiction**
- Energetic disturbed reactions (**Allergy**) = **Zero Tolerance Level**

However, it is possible to have a zero tolerance to a substance but not experience an allergic reaction to the substance. The symptoms of a disturbed reactions (Allergy) and intolerance are the same. The difference is where they are affecting.

- **Allergy** creates an altered Energy response (i.e. a disturbance) at tissue level whereas
- **Tolerance is a metabolic issue** - how much of a substance can the body handle at any given time without reacting to it.

Many of our clients are on drugs from the Doctors, which either do not appear to be working or are causing side effects. Often a correction will sort this out for them - either tapping for the drug or SET: Disturbed Reaction / Detox to allow the body to maximize the positive effects of the drug and minimize the side effects.

On the whole bodies prefer natural products and although many manufacturers produce chemically "nature identical" substances we can react quite differently to how we process them.

**Sugar Problems** - People with an allergic response to sugar rarely react to both cane and beet sugars. Cane sugar is of the grain family while beet sugar is of the beetroot family. Beet sugar is available here in the UK as the brand 'Silver Spoon'. Brown sugar is usually cane, but it can be beet with molasses added. Sometimes it's the chemical **lyndane** (which is sprayed on sugar beet) to which the client is reacting (rather than to the sugar itself). Sugar beet is fed to cows in the UK so lyndane comes up the food chain through the milk. Or for that matter any other noxious sprays the farmer may have been using.

**Nutritional Minerals that are Stored Inappropriately by the Body** are often stored in the hair or nails - white spots on nails usually denote zinc. If the body is not using a nutritional mineral correctly then what percentage is being stored and where in the body it is stored is a more serious problem than the shortfall. An SET correction allows the body to utilize and metabolize the mineral appropriately and release any excess safely.

**Sweaty, smelly feet** can often a sign that the liver is under stress and it may be appropriate for the client to take Milk Thistle to support the liver function.

**Weight Loss Problems** may have a number of underlying psychological issues or they may be bio-energetic disturbed reactions to substances they are either consuming or with which they come into contact. The body will often store toxins (either in fluid or in fat) for substances for which it does not recognize the Energy patterns. **For the body, this is the safest option.** Losing more than 1kg (2lbs) in a week can overload the eliminative systems with the toxic substances which have been held in solution if the client just diets but does not do any Energy work to get the physical systems working effectively.

**Tablets in foil, metal or plastic** cannot be tested reliably if the client's electro-magnetic system is disturbed - remove from wrapping before using on CV 6.

### **To Turn off a Disturbed Reaction - Table of Procedure in the Working Manual page 7**

Tap the END POINTS of Elements 2 and 4 while you or the client is suffering.

There is no substance on CV 6. The sooner you start tapping after the symptoms appear, the quicker you may be able to turn off the reaction. IF APPROPRIATE, either the SET: Allergy / Detox or Allergy (Synergy) Tapping can be done later using the substance (assuming you know what it was) or a body substance to deal with the problem.

\*\* Your tutor will provide you with a sample of the diagrams for Switching off a Disturbed Reaction and the Ψ ESR for you to pass onto your clients as self-help.

### **Further Information**

**BODY SECRETIONS** - (substances) used in the SET work may contain any of the following

- **Hormones** - including synthetic hormones, e.g. the contraceptive pill
- **Viruses** - current in symptoms - latent in bloodstream - toxins from virus
- **Bacteria** - toxins from bacteria
- **Minerals** - nutritional - toxic
- **Drugs** - medicinal - recreational
- **Foods**
- **Chemicals - Contact stuff - Inhalants**
- **Anaesthetics**
- **Medical dyes**
- **Radiation isotopes**
- **Barium meals**
- **Metabolic products** - by-products (*to make the chemicals it needs, the body produces by-products*  
*For example, ammonia → uric acid, which it secretes under normal circumstances*)
- **Spores, moulds, fungi**
- **Parasites**
- **Amino acids**
- **Vitamins**
- **Essential fatty acids**
- **Vaccinations**

My notes taken at Jane Thurnell-Read's SET Course London 1991

### **SIGNS OF ALLERGY (DISTURBED REACTIONS) IN CHILDREN**

- Children with a tendency to disturbed reactions are often blond haired. They are usually pale; in fact, so pale that sometimes they are suspected of suffering from anemia.
- In some children, this paleness is not very evident at first sight, because they have very rosy cheeks, either some of the time or all of the time. Sometimes, if you feel the child's cheek it will feel hot and burning or feel papery and dry.
- The child perpetually has bags, dark circles or lines under his eyes. The child always looks tired no matter how much he sleeps. (The area under the eyes is related to the adrenal glands.
- From time to time one or both of the eyes may become red and burning. Very often parents do not notice this until they are asked to look out for it. The ears usually become red about two hours after the allergen has been ingested either as food or drink. This information can help parents to identify potential problem substances.
- The child often has sweaty feet.
- Very often the child is a fussy eater. The child will only accept a limited range of food. The parent will often say, "My child would be happy if he could live only on ....."
- Frequently they become irritable and bad tempered if they have to go without food for even a short time. Although they eat only a limited range of foods and often only small helpings they tend to nibble throughout the day, or alternatively need frequent drinks of milk, squash or the like.
- Breast fed babies who either are difficult feeders or else need frequent feeds both day and night often are reacting to something the mother is eating. Weaning them off the breast becomes a real problem.
- First thing in the morning is often a very good time with the child happy and contented or a very bad time with the child miserable until he has had some food/drink.
- Very often there is a family history of disturbed reactions to foods with near blood relatives suffering from eczema, hay fever, bronchitis, chronic headaches, catarrh, sinus problems, persistent diarrhea, some forms of depression and rheumatoid arthritis. They have passed them on to the children.
- Children who experience disturbed reactions often like peculiar smells - they sniff felt tip pens or petrol when the car is being fuelled.

Information provided by Jane Thurnell-Read SET Workshop London August 1991  
Reprinted with her permission

After doing SET work it is highly likely that the Adjunctive: Nutrition will flag up. See Working Manual page 42

**If Food Combining flags up** you might find the information on the following pages useful. Feel free to adapt as needed for each client or suggest they check out the various Food Combining programs available on the internet and see which one appeals to them. I always suggest to clients that they bring in the food combining gradually starting first with breakfast for a few days, then add lunch for a few days before going full on. **But not to become fanatical about it! Remember the 80 /20 rule.**

**Old Chinese Proverb:** "If you would eat much, eat little, for in eating little you live longer and so eat much"

## FOOD COMBINING

Incomplete digestion, inefficient metabolism and poor assimilation are the main causes of both fat and LDL cholesterol accumulation in the body. Proper food combining, especially if a good percentage of the daily intake is raw, helps to correct body weight and increase Energy levels and mental alertness. (LDL is called "bad cholesterol" because it takes cholesterol to your arteries, where it may collect in the artery walls.)

**Living foods** (e.g. raw fruit and vegetables, raw flesh, molasses and un-blanchd, unroasted nuts and seeds) contain natural enzymes, vitamins, and minerals. These are nutritionally beneficial. Certain dehydrated foods e.g. prunes, raisins and dates retain their vital enzymes only if they are sundried. Fresh wholesome foods can become nutritionally deficient if eaten in combinations that interfere with their digestion, cause fermentation and putrefaction, block assimilation or cause the energies to conflict. If we ingest flesh protein and starch together the acid and alkaline juices may neutralize each other so the proteins start to putrefy while the starches ferment. The meal becomes nutritionally lacking, allowing bacteria in the alimentary canal to thrive while you suffer digestive disturbances - bloating, wind and headaches. Diets lacking in living foods put unnecessary stress on our "vital essence" network - the endocrine system.

**(Enzymes** are biochemical catalysts secreted by the pancreas and other glands and organs that speed up the rate at which metabolic processes and reactions occur in living organisms. Usually, the processes or reactions are part of a cycle or pathway, with separate reactions at each step. Each step of a pathway or cycle usually requires a specific enzyme. Without the specific enzyme to catalyze a reaction, the cycle or pathway cannot be completed. Active enzymes in raw foods permit fast, efficient digestion of the contents of the stomach if combinations of food eaten are correct. The proper metabolism of vitamin and mineral supplements depends on active enzymes. Some are used for digestion while others enter the blood stream to destroy dangerous microbes, dead and damaged cells and toxins. Because our 'civilised' diet consists mainly of cooked, processed and artificially refined foods they are completely devoid of their own natural enzymes and our pancreas has to work overtime to produce most of the enzymes needed for digestion. In the stomach, there are about 5 million microscopic glands that secrete various enzymes required for digestion. All enzymes are specific in their actions, fitting the biochemical reactions for which they are designed as precisely as a key fits a lock.)

## FOOD COMBINING continued

The brain can burn only glucose - blood sugar - and it requires a constant supply to function at 100%. Some glucose is absorbed directly into the blood stream from the glucose rich foods. Another source is through the breakdown of carbohydrates. When these supplies run out the liver converts stored glycogen (from proteins and fats) into glucose and feeds it into the bloodstream. Fat yields three times the Energy of sugar and twice as much as protein and it also combusts faster and more completely than any other food.

For preference eat organically reared beef and fowl (or if unavailable then free range) and fish that swim rather than lurk on the bottom or wild game that feed on nuts, leaves, berries and barks. In order to digest 'flesh' protein efficiently, the stomach must secrete pepsin that only works in a highly acidic medium over several hours. When starch / carbohydrate foods are eaten ptyalin and other alkaline juices are secreted by the saliva in the mouth. Starches require an alkaline medium in the stomach to be digested.

### Basic Rules of the Hay Diet – a simple Food Combining regime

1. Do not eat carbohydrates with proteins and acid fruits at the same meal.
2. Eat vegetables, salads and fruits as the main part of your diet.
3. Eat proteins, starches and fats in small quantities.
4. Eat only whole grain and unprocessed starches, excluding refined, processed foods such as white flour, white sugar and especially margarine or similar products.
5. Allow an interval of at least four to four and a half hours between meals of different types.

**An Ayurvedic diet** is an eating plan that provides guidelines for when you eat, what you eat, and how you eat to boost your health, prevent or manage disease, and maintain wellness. If you follow an Ayurvedic diet, you'll eat primarily whole or minimally processed foods and practice mindful eating rituals. They also consider a balance of the Yin and Yang Energies and believe it is achieved in the diet by '**Harmonizing the Four Energies**' in food – HOT, WARM, COOL and COLD with the 'Six Tastes' – SOUR (Elements EARTH and WATER), SALTY (Elements EARTH and FIRE), PUNGENT (Elements AIR and FIRE), SWEET (Elements EARTH and WATER), ASTRINGENT (Elements AIR and EARTH) and BITTER (Elements AIR and ETHER). Hot and warm foods are Yang and stimulate the vital organs and generate body heat - so they should be eaten on cold days or as a help to overcome 'cold' Yin dis-eases - chills and extreme fatigue. Cool and cold foods are Yin and best eaten on warm days as they cool and calm the organs and help 'hot' Yang dis-eases – such as fever and hypertension.

From the **Chinese Five Element Theory** the Five Key Tastes each have a natural affinity to particular Elements: -

- **SOUR** - (Wood) = GALLBLADDER / LIVER.  
Sour foods are astringent and tend to solidify the contents of the digestive tract.
- **SALTY** - (Water) = BLADDER / KIDNEY.  
Salty foods soften the contents of the bowel and stimulate peristalsis- movement through the bowel.
- **PUNGENT** - (Metal) = LARGE INTESTINE / LUNGS.  
Pungent foods help neutralize and remove toxins from the system.
- **SWEET** - (Earth) = STOMACH / SPLEEN, PANCREAS.  
Sweet foods promote circulation and nourish our Vital Energy.
- **BITTER** - (Fire) = TRIPLE WARMER / CIRCULATION SEX and SMALL INTESTINE / HEART.  
Bitter foods help purge the bowels

### **THE TAO OF TROPHOLOGY** - The Chinese Science of Food Combining - **TROPHOLOGY RULES**

1. **FRUIT** - eat one type at a sitting on an empty stomach - so perfect for breakfast. Fruit requires at least three hours for complete digestion. **EAT ALONE OR LEAVE ALONE.**
2. **MELONS** - are a perfect food for humans. They contain all the vitamins, minerals and enzymes we need. They must be eaten on an empty stomach and at least four hours allowed for digestion. **EAT ALONE OR LEAVE ALONE.**
3. **PROTEIN** - different proteins have different digestive needs. For 'flesh' protein the strongest enzymatic action occurs during the first hour, for eggs between the first and second hour and milk between the second and third hour. **SO, EAT ONLY ONE MAIN TYPE OF PROTEIN AT A SINGLE SITTING.**
4. **PROTEIN and ACID** - **ACID** foods - citrus fruits and vinegar inhibit the secretion of hydrochloric acid. Pepsin the enzyme needed to digest protein only works in the presence of hydrochloric acid.
5. **PROTEIN AND FAT** - Fat decreases the concentration of Hydrochloric Acid and Pepsin so avoid eating protein and fat together unless you add plenty of raw vegetables to assist their digestion.
6. **PROTEIN AND SUGAR** - All sugars inhibit the secretion of gastric juices in the stomach because their digestion only occurs in the small intestine. So, a sweet at the end of a meal means none of the meal is digested properly - the proteins putrefy and the sugars ferment.
7. **STARCH AND SUGAR** - Same story as number 6. Eat separately.
8. **MILK** - **Drink** (raw milk if possible) **alone or leave alone.** Raw milk contains the active enzymes lactose lipase, which allow it to digest itself. (Pasteurised milk is devoid of its active enzymes and so cannot be digested by humans and alteration of the vital proteins prohibits the uptake of calcium.)
9. **SWEETS** - If you have sweet tooth occasionally have a meal of just sweets. This minimizes the damage.

## FOOD COMBINING continued

### FOOD CATEGORIES

1. **Proteins:** foods that contain 15% or more protein matter
    - **Concentrated proteins:** meat, fish, fowl, eggs, milk, and cheese.
    - **Light proteins:** nuts, beans, peas, avocados, and whole grains.
  2. **Carbohydrates:** foods that contain 20% or more starch and/or sugars.
    - **Starch:** peanuts, bananas, potatoes, all pasta products, rice, bread, cakes, pies and refined cereals
    - **Sugars:** whole, brown and raw cane sugar, fructose, honey, maple syrup, dried sweet fruits (dates, raisins, figs, prunes)
  3. **Fats:** animal or vegetable oils.
    - **Animal:** butter, cream, lard, tallow, and fatty meats.
    - **Vegetable:** olive oil, sunflower seed, sesame, safflower, corn and all nut oils. Margarine is a definite no- no!
  4. **Vegetables:** lettuce, celery, cabbage, broccoli, spinach, bean sprouts, cucumber, asparagus, onion, eggplant, turnip, watercress, leak, zucchini, string bean, green pepper, radish, carrot, okra, artichoke and olive. **Exceptions:** potatoes act as a starch; tomatoes act as an acid fruit.
  5. **Fruits**
    - **Acid Fruits:** orange, grapefruit, lime, lemon, berries, cranberry, pineapple, and tomato.
    - **Sub acid Fruits:** apple, pear, cherry, grape, apricot, nectarine and plum
    - **Melons:** watermelon, musk melon, honeydew melon, cantaloupe, papaya

**Exceptions:** bananas act as a starch; dried figs, dates, raisins and prunes act as sugars.
- Fresh raw garlic eaten freshly cut or crushed has an active component 'allicin' which is a powerful antibiotic and fungicide.
  - Black grapes eaten - three to four pounds a day are powerful detoxifiers for the digestive tract, liver, kidneys and blood.
  - Cherries are nutritive, detoxifying, laxative and stimulating to the nervous system and vital organs and glands. They are safe for diabetics and the sugar they contain is levulose that is absorbed directly into the bloodstream without first being transformed by insulin.

For many people food combining is quite a strange concept but if you test up that that is what they need to do then it usually helps the client to get into it if they start food combining at breakfast for a few days. Then when they feel comfortable with that, food combine at lunch time. The 80 /20 rule is a good one to follow. Clients do not need to become fanatical about the food combining but if they can do it most of the time they will reap the benefit of eating in this way.

### Suggestions for Meals

**Breakfast:** Have fruit - as many pieces as you wish so you are not hungry or melon. Alternatively, you could have toasted wholegrain bread - one to three slices with butter - or any raw nut butter but not peanut butter - plus a handful of raw nuts (exception peanuts) or seeds. Combine the food with a hot drink – either warm water, green tea with no milk or sugar, or molasses in hot water.

**Lunch/Dinner: If it's the main meal of the day** have small salad, one type of protein plus lightly steamed vegetables - no potatoes. Drink - large glass of vegetable juice or warm drink as above or small glass of warm beer or red wine. **If this not the main meal of the day**, suggest your clients have a large fresh salad with olive oil, lemon juice and garlic dressing (if dressing required) add pumpkin seeds and sunflower seeds to your salad. If need be, have a slice of bread or rye with butter only. Or If you fancy potatoes, rice or pasta have these carbohydrates with large helping of lightly steamed vegetables and small salad. Once a week you could perhaps consider an all fruit day but drink only warm water as your beverage on that day.

Don't have cold drinks with your meal as it closes down the villi in the stomach for 2 hours so no digestion can take place. Drink minimum coffee and no margarine - margarine has the molecular structure of plastic and the body is totally incapable of processing it. Cook with olive oil, as it's the only oil that does not change its molecular structure when heated.

**This information supplied from 'The Complete Book of Chinese Healing' - Daniel Read**

**FOOD ANTIDOTES**

Making simple dietary adjustments in the preparation or eating of foods can make them more digestible and be less likely to cause negative effects. So, add the following spices when eating the foods in bold.

**DAIRY PRODUCTS**

Cheese:	Black pepper, chili peppers or cayenne
Eggs:	Parsley, coriander, turmeric and onions
Ice Cream:	clove or cardamom
Milk:	Black pepper, chili peppers or cayenne
Sour Cream:	Coriander and cardamom
Yogurt:	Cumin or ginger

**FISH AND MEAT**

Fish:	coconut, lime and lemon
Red Meat:	cayenne, cloves or chili peppers

**GRAINS**

Oats:	Turmeric, mustard seed or cumin
Rice:	Clove or peppercorn
Wheat:	Ginger

**VEGETABLES**

Legumes:	Garlic, cloves, black pepper, cayenne, ginger, rock salt or chili peppers
Cabbage:	Cook in sunflower oil with turmeric and mustard seed
Garlic:	Grated coconut and lemon
Green Salad:	Olive oil with lemon juice
Onion:	Cooked; or salt, lemon, yogurt and mustard seed
Potato:	Ghee with peppercorn
Tomato:	Lime or cumin

**FRUITS**

Avocado:	Turmeric, lemon, garlic and black pepper
Banana:	Cardamom
Dry fruits:	soak in water
Mango:	ghee with cardamom
Melon:	grated coconut with coriander
Watermelon:	Salt with chili peppers

**NUTS AND SEEDS**

Nuts:	Soak overnight and cook with sesame oil in water and chili peppers
Peanut butter:	Ginger or roasted cumin powder
Seeds:	Soak overnight and bake to make lighter

**MICELLANEOUS**

Alcohol:	Chew ¼ tsp cumin seed or 1-2 cardamom seed before, during and after
Black tea:	Ginger
Caffeine:	Nutmeg powder with cardamom
Chocolate:	Cardamom or cumin
Coffee:	Nutmeg powder with cardamom
Popcorn:	add ghee
Sweets:	Dry ginger powder

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## Ann Parker's HK 2 Manual

The object of this questionnaire is to save time in the session, and to give you more time to reply as fully as you can, but if you have any difficulty or concern answering any of the questions, please feel free to omit them. Where possible put in the relevant dates.

### Confidential Client Questionnaire

	<b>Family name</b>
	<b>First Name</b>
<b>Date</b>	<b>Address</b>
<b>Date of birth</b>	
<b>Occupation</b>	
<b>How did you find out about me?</b>	
	<b>Email:</b>
	<b>Phone: Daytime</b>
<b>Doctor's name</b>	<b>Phone: Evening</b>
<b>Practice name</b>	<b>Mobile:</b>

<b>Family situation</b>	Single?   Living alone?   Living with parents?   Living with partner?   Married? Separated?   Other?
If a child, parent's names	
Spouse/ partner's name	
Children: names & ages	

<b>Your Weight</b>	<b>Your Height</b>
Are you happy with your weight?	If not, what is your ideal weight?

What other treatments are you having / have tried?	
--	--

<b>Medical history</b>	Any past surgery, serious illness, accidents/injuries with approximate dates
What was your health like as a child?	
Was there anything abnormal about your birth?	

What areas, problems or goals would you most like help with now?	
--	--

List any emotional traumas/ episodes, with rough dates, as far back as you like. (E.g. bereavements, divorce, parents' split-up)

Any relationship problems

<b>Diet</b>	Describe a typical day's eating & drinking:
Breakfast	
Lunch	
Evening meal	
Between meals	

What do you do for exercise and relaxation?
---

<b>Medication</b>	Any current drugs & what for?
Any medication taken in the past, especially if for a long period	
Have you reacted to any medication? Y/N    What & how?	

Do you smoke? Y/N	If so, what & how many a day?
Do you drink? Y/N	If so, what & how often?
Do you use recreational drugs? Y/N	If so what & how often?
If not now, have you in the past? Y/N    If so what?	

## Ann Parker's HK 2 Manual

	<b>I am having</b> (tick + any comment such as for how long)	<b>I have had, but not now</b> (tick + any comment such as when)
Poor sleep		
Dizziness		
Anxiety		
Depression		
Fainting		
Fits		
Nervous twitches/ tremors		
Headaches		
Migraines		
Vision problems		
Hearing problems		
Physical abuse		
Emotional abuse		
Sexual abuse		
Chest pains		
Pain: neck/ shoulder		
Pain: back		
Pain: joint		
Pain: other		
Constipation		
Loose bowels		
Poor circulation		
Lethargy		
Genital problems		
PMT /Menstrual problems		
Menopausal problems		
Low sex drive		
Other sexual problems		
Breathing difficulty		
Repeated infections		
Sore throat		
Sneezing		
Runny nose /eyes		
Stuffy sinuses		
Rash or spots on skin		
Food cravings		
Known allergic reactions		
Other problems		

**Is there anything else you wish to share?**

### **Please read and sign the following statement**

I understand that kinesiology practitioners do not give **medical** diagnoses or treatment, and that it is my responsibility to **both** consult my GP about any medical problem that I am aware of or become alerted to in the course of a kinesiology session **and** that I will follow all the current Government of Health guidelines.

Signed

Date

Ann Parker's HK 2 Manual

**Record of visits**

**Name of client:** \_\_\_\_\_

**Date of 1<sup>st</sup> visit:** \_\_\_\_\_

**MEB:** \_\_\_\_\_

**EP:** \_\_\_\_\_

How are we working today? **Issue:** \_\_\_\_\_ or **WIBS:** \_\_\_\_\_

Complete appropriate sheet.

\*\*\*\*\*

**Date of 2<sup>nd</sup> visit:** \_\_\_\_\_

Changes/improvements/comments:

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**MEB:** \_\_\_\_\_

**EP:** \_\_\_\_\_

**Issue:** \_\_\_\_\_

**WIBS:** \_\_\_\_\_

\*\*\*\*\*

**Date of 3<sup>rd</sup> visit:** \_\_\_\_\_

Changes/improvements/comments:

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**MEB:** \_\_\_\_\_

**EP:** \_\_\_\_\_

**Issue:** \_\_\_\_\_

**WIBS:** \_\_\_\_\_

\*\*\*\*\*

**Date of 4<sup>th</sup> visit:** \_\_\_\_\_

Changes/improvements/comments:

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**MEB:** \_\_\_\_\_

**EP:** \_\_\_\_\_

**Issue:** \_\_\_\_\_

**WIBS:** \_\_\_\_\_

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**Date of 5<sup>th</sup> visit:** \_\_\_\_\_

Changes/improvements/comments:

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**MEB:** \_\_\_\_\_

**EP:** \_\_\_\_\_

**Issue:** \_\_\_\_\_

**WIBS:** \_\_\_\_\_

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**Always use a black pen when recording your client notes**

### Form for use when working in Body Sequence

**Client Name**

Date:

Regular	Energy Correction Factors	Energy Toning Factors	Adjunctive Factors
---------	---------------------------	-----------------------	--------------------

**Δ WIBS**

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

[illegible]Time  
taken

Signature

**Always use a black pen when recording your client notes**

Form for working in an Issue:

Client's Name: \_\_\_\_\_

Date: \_\_\_\_\_

Issue: \_\_\_\_\_

Including: \_\_\_\_\_

*For this Issue '.....' are there Factors to be addressed under the '.....' Facet?*

Facet	Energy Work	No. of Items	Other Factors	Order
PREVENTION				
CAUSE				
PROCESS				
EFFECT				
REPAIR				
BLOCKING				
SYMPTOM				
OTHER				

Special considerations: \_\_\_\_\_  
*(Groups of work within an Issue are numbered in priority order inside circles in the margin)*

Facet	ECF	Reflex	Element	Item/other Factors

[illegible]

Time taken: \_\_\_\_\_

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**Example from my client files:** (Personal details have been changed to protect identities)

**Client's written notes on arrival**

**John Smith**

**Park View, Halifax, W. Yorks**

**Phone: 07752 123456**

DOB: 26.3.59

Concerns: Recurring herpes infection since 18 (Tried antibiotics 3x - no sustained improvement.  
Now taking Vitamin C 1 gram spread over the day)  
Find it hard to make new friends – often feel isolated

Goals: Wish to be free of the herpes and be more confident and outgoing in personal relationships

Childhood illness: Chicken pox - age 8  
Measles - 11  
Recurring Chest infections from age 4 to 9  
Braces (3) from 12 to 15  
Broken toe - football 13  
Bad fall off horse - age 14 - broke left leg and right arm

No operations apart from setting the breaks

Emotional history: Good relationship with mother -loving and gentle always there for me  
Father very strict - felt he always expected too much of me  
Didn't know Grandparents on Dad's side - Mother's parents were good  
fun and very supportive especially when I was in trouble with Dad  
Only child  
Very keen on a female cousin for years but feelings not returned

Losses: Father died of heart problems when he was 48  
Mother seemed to change after that and withdrew into herself - she died last year (cancer)  
Close male friend killed in car accident when we were 23 - feel partly responsible as we  
had had a few drinks that night  
Been made redundant twice - out of work for 10 months last time but spent  
time retraining – now have good job

Other: Smoked 30 cigarettes a day for years but gave up 5 years ago

**Record of visits**

**Name of client:** John Smith

**Date of 1<sup>st</sup> visit:** 22/3/2007

**MEB:** NV 4 – needed water

**EP:** ↑

How are we working today? **Issue:** ↑ or **WIBS:**

\*\*\*\*\*

**Date of 2<sup>nd</sup> visit:** 26/3/07

Changes/improvements/comments:

Felt more tired than usual - haven't seen any change in the herpes

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**MEB:** NL 1 **EP:** ↑ **Issue:** Completing Issue started on 22/3 **WIBS:** \_\_\_\_

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**Date of 3<sup>rd</sup> visit:** 28/4/07

Changes/improvements/comments:

The herpes lesions wept for a few days after the last visit and have since cleared. Feel happier in myself and have joined a line dancing class

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**MEB:** NL 3 **EP:** ↑ **Issue:** ↑ **WIBS:** \_\_\_\_

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**Date of 4<sup>th</sup> visit:** \_\_\_\_\_

Changes/improvements/comments:

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**MEB:** \_\_\_\_\_ **EP:** \_\_\_\_ **Issue:** \_\_\_\_ **WIBS:** \_\_\_\_

\*\*\*\*\*

**Date of 5<sup>th</sup> visit:** \_\_\_\_\_

Changes/improvements/comments:

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**MEB:** \_\_\_\_\_ **EP:** \_\_\_\_ **Issue:** \_\_\_\_ **WIBS:** \_\_\_\_

\*\*\*\*\*

Client's Name: John Smith

Date: 22/3/2007

Issue: I feel unclean

Including: /

*For this Issue '.....' are there Factors to be addressed under the '.....' Facet?*

	Energy Work	No. of Items	Other Factors	Order
<b>PREVENTION</b>				
<b>CAUSE</b>	<b>SET: A/D</b>	<b>6</b>		<b>3</b>
<b>PROCESS</b>	<b>Ψ I feel / I am</b>	<b>4</b>		<b>2</b>
<b>EFFECT</b>	<b>Ψ Sentences</b>	<b>3</b>		<b>5</b>
<b>REPAIR</b>	<b>Tolerance Tap</b>	<b>1</b>		<b>6</b>
<b>BLOCKING</b>	<b>ECS: BBEI</b>	<b>2</b>		<b>1</b>
<b>SYMPTOM</b>				
<b>OTHER</b>			<b>Adjunctive: Information</b>	<b><u>4</u></b>

**Special considerations: Stop for 3 days (4, 5, 6 or 7)***(Groups of work within an Issue are numbered in priority order inside circles in the margin)*

Facet	ECF	Reflex	Element	Item/other Factors
<b>B</b>	<b>ECS: BBEI</b>		<b>AF/FE</b>	- Fear of not being accepted
				- Fear that I won't be good enough
<b>P</b>	<b>Ψ I feel / I am</b>	<b>EP</b>	<b>0, 1</b>	- I feel unacceptable
				- I am determined
				- I feel unfeeling
				- I am appreciative
<b>C</b>	<b>SET: A/D</b>	<b>EP</b>	<b>Σ</b>	<div style="border-left: 1px solid black; padding-left: 5px;"> Herpes Simplex TV 1  Colgate toothpaste  HoBon 6  Kern 15  Pascoe 42  Pascoe 68 </div>
<b>O</b>				Adj: Use a natural toothpaste
				<b>Wait 3 days</b>

[illegible]

Time taken: **22/3/07 – 1 hour**  
**26/3/07 – 20 minutes**

Client's Name: John Smith

Date: 28/04/07

Issue: Accepting my potential

Including: herpes

*For this Issue '.....' are there Factors to be addressed under the '.....' Facet?*

	Energy Work	No. of Items	Other Factors	Order
<b>PREVENTION</b>				
<b>CAUSE</b>	<b>ECS: EMF</b>	<b>1</b>		<b>2</b>
<b>PROCESS</b>	<b>ECS: MC</b>	<b>3</b>		<b>1</b>
	<b>TEB</b>	<b>2</b>		<b>5</b>
<b>EFFECT</b>				
<b>REPAIR</b>			<b>ETF: Meridian Trace</b>	<b>4</b>
<b>BLOCKING</b>	<b>Ψ Sentences</b>	<b>2</b>		<b>3</b>
<b>SYMPTOM</b>				
<b>OTHER</b>				

**Special considerations:***(Groups of work within an issue are numbered in priority order inside circles in the margin)*

Facet	ECF	Reflex	Element	Item/other Factors
<b>P</b>	<b>ECS: MC</b>	<b>F</b>	<b>0, 1</b>	- Feeling good about myself
		<b>K</b>	<b>2</b>	- Knowing I can achieve success
		<b>B</b>	<b>3</b>	- B: Accepting my potential
<b>C</b>	<b>ECS: EMF</b>	<b>NL</b>	<b>3</b>	- 4M I SS CV 20
				I NS CV 16
				I SS CV 11
				I SS CV 8
<b>B</b>	<b>Ψ Sentences</b>	<b>NV</b>	<b>2</b>	- Life is boring
				- Life is hard work
<b>R</b>				ETF: MT
				Trace Stomach/Spleen 3x now
<b>P</b>	<b>TEB</b>	<b>EP</b>	<b>0, 1</b>	LH RH
				- → pubic bone ← thymus
				- Reverse hands

Client's Signature: John Smith

Time taken: 1 hour 15

Although not officially taught till a later course, this muscle is a really good one with which to use as it is so easy to test when the client's hands are busy so not available to use. Simply check it in the clear, then spindle at the front of the leg to switch it off, switch it back on and then place palm over your navel and check that the item you have set up TL's ↓ before proceeding to hold the points.

The **tibialis anterior** is a muscle in humans that originates in the upper two-thirds of the lateral (outside) surface of the tibia and inserts into the medial cuneiform and first metatarsal bones of the foot. It acts to dorsiflex and invert the foot.



**To test:** With leg straight, client flexes the toes and ankle to point towards the head, stabilize the ankle and press down lightly on the top of the foot while client resists to hold the foot in the placed position.

HK 2 Open Book Paper

1. What are the 4 steps for setting up regular H.K. energy correction factors?
2. For what is the ENERGY CONTROL SYSTEM responsible? Name 5.
3. What is Dr. Scott's analogy for the ECS?
4. What are some of the manifestations within the body of an impaired ECS?
5. If wearing a magnet for long term healing with the south seeking pole to the body what effect does it have on the healing process?
6. How are nerve impulses transmitted in the body?
7. We are electro-magnetic beings - all our metabolic processes are electrical in nature and the chemical elements used in the metabolic processes are ions. What is the difference between a positive and negative ion?
8. What facilitates the electrical flow along the meridian pathways?
9. All the internal, moist tissues are quite electrically conductive, what is the only part of the body that is a poor conductor of electricity?
10. Give 4 possible causes of the disturbed electric currents in the physical body.
11. Name three sources of Electro-magnetic fields in the environment?
12. If an external EMF is strong enough to disturb the normal electric currents within the physical body what type of symptoms can that person manifest?
13. For ECS: EMF corrections how do we highlight the pattern of stress?
14. In healthy tissue at cellular level what is the direction of energy spin within the cells?
15. Name three ways we can correct the energy spin?
16. When we do an ECS: Electric Current correction what are we correcting?

## HK 2 Open Book Paper continued

17. When we do ECS: Membrane Configuration corrections, at what level within the body are we working?
18. To what specific metabolic processes are ECS: MC corrections addressing?
19. In what way do ECS: MC corrections differ from psychological corrections?
20. Name the ECS: MC categories.
21. What might you suggest to help your client get in touch with the energy pattern needed to trigger the stress for the ECS: MC correction?
22. In what way do ECS: MC corrections differ from the regular H.K. corrections?
23. What does SET mean?
24. What is the H.K. definition of what the medics call 'allergy'?
25. When we do an SET correction to deal with disturbed reactions at tissue level what reflex points do we hold?
26. Name seven body substances commonly used for SET work.
27. Name six substances we are likely to find in the body secretions/substances.
28. What other category of substances could we use to set up the energy pattern for the Symbiotic Energy Transformation correction? Name four.
29. What is an SET TIME WINDOW?
30. When a Symbiotic Energy Transformation correction comes up as the next correction to do before you start to set up the correction what two checks is it appropriate to test *right now*?
31. Having done a Symbiotic Energy Transformation correction what will you most likely now need to consider for your client?

## HK 2 Open Book Paper continued

32. What is the major factor which affects our tolerance levels overall?
33. When we do a Tolerance correction what reflex points do we always hold?
34. Name 3 ways the medics use for testing 'allergy'.
35. Name 4 possible causes of tissue energy blocks in the physical body.
36. For the Tissue Energy Balance ECF used to release the tissue energy blocks how do we highlight the pattern of stress?
37. What are we achieving when we do the TEBs?
38. What is the purpose of working in a client specified issue?
39. If a client presents with a number of concerns and goals how would you determine which one of the concerns or goals to work on?
40. Once you have named the CSI and set out the work to be done within the issue what must you next consider?

Originally prepared in 1996 to help students training in HK with me to integrate their kinesiology knowledge.

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I suggest you spend time working through these questions to help you consolidate your understanding of the HK theory from HK 2.




Please refer to the notation examples on the following pages when you are completing your session sheets to ensure you do it correctly. Write legibly and neatly and leave 2 lines between each group as it makes it easier for your tutor to mark your work. Case studies are to be signed by the client and the time taken to do the work noted on the case study form.

Please note:

- That the SET: A/D and SET: Tolerance require a solid bar down the side of the dashes for the substances to indicate that all the substances have been part of the one item.
- When working within an Issue the priority order of work is numbered in the margin in circles while if working the session in Body Sequence the priority order of work is numbered in the margin in triangles.
- Points in bold indicate REPs and EEPs that must be held for the corrections. All other points are examples only.

Examples of notation prepared by Amanda Brooks for this manual in June 2008.

HK 2 - Notation Examples for WIBS  and for Client Specified Issues 

ECF	Reflex	Element	Item / other Factors
ECS: EMF	NV	2	- 2M <span>ss</span> CV 18 <span>ns</span> CV1
ECS: EC	EP	3	- 3 M <span>ss</span> GV 27 <span>ss</span> CV24 <span>ss</span> CV 6
			- 1 M <span>ss</span> CV24
			- 2 M <span>ns</span> Left cheek <span>ss</span> Right Cheek
ECS: Spin	NV	1	- 2P Fingers  slowly over Chakra 5 Fingers  slowly over Chakra 4
			- 3P EMF LT Navel GS LT St 25 (L) GS LT St 25 (R)
			- 1M <span>ns</span> coccyx
TEB	EP	1	LH RH
			- ↑ (L) breast ↑ (R) breast
			- 
ECS: MC	<b>E</b>	5	- Experiencing joy
	<b>F</b>	1	- Feeling ecstasy
SET: A / D	<b>EP</b>	Σ	- - Coffee
			- Milk
			- Sugar
			- Blood
			- Pepsin
SET: Tolerance	<b>NL</b>	Σ	- - Milk
			- saliva
		→	Adj: Magnets – silver bullets. 3 all NS mid ankle, lateral ankle, medial ankle
			Wear for 3 days, 24 hours per day

Client's Name: Chris Smith

Date: 15/9/18

Issue: I need my business to do well


Including: /

For this Issue '.....' are there Factors to be addressed under the '.....' Facet?

	Energy Work	No. of Items	Other Factors	Order
PREVENTION				
CAUSE				
PROCESS	ECS: MC Ψ I feel / I am	2 2		1 3
EFFECT				
REPAIR	ECS: EMF	1		2
BLOCKING	Tolerance Tap	1		4
SYMPTOM				
OTHER	TEB	2		5

## Special considerations:

(Groups of work within an Issue are numbered in priority order inside circles in the margin)

1	Facet	ECF	Reflex	Element	Item/other Factors
		ECS: MC	B	2	- B: Accepting recognition
			K	4	- Knowing I can do whatever I set out to do
2		ECS: EMF	NV	3	- 4M SS CV 20
					I NS CV 16
					I SS CV 11
					I SS CV 8
3		I feel / I am	NV	2	- I feel disappointed
					- I am rewarded
4		Tolerance Tap	(NL)	2, 4 tap	- sugar
5		TEB	EP	1	LH RH
					— ↓ crotch ↑ forehead
					— 

Signature of Client: *Chris Smith*

Date: 15/9/08