

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



**HK 3 MANUAL  
Ann Parker**



*Find your Way with HK*



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Contents		
Menu for HK 3	<b>1</b>	Ψ Being / Not being <b>39</b>
How to handle your sessions	<b>2</b>	Ψ Being / Not being x2, x4, x6 items <b>40</b>
Summary of HK ways of working from HK 3	<b>3</b>	Non-Standard Ψ Being / Not being <b>41</b>
My 'Table for quickly defining an HK Issue'	<b>5</b>	Energy Flow Balance: Cognitive Sensory Integration <b>42</b>
Minna Oldfield's 'Summary of the Facet Analysis'	<b>6</b>	<ul style="list-style-type: none"> <li>• Creative</li> <li>• Rational</li> <li>• Subliminal</li> <li>• Systematic</li> <li>• Evaluative</li> <li>• Problem Solving</li> <li>• Logical</li> </ul>
Working in an Issue continued	<b>7</b>	
Issue Analysis – Tom	<b>8</b>	
Issue Analysis – Val	<b>11</b>	
Presenting concerns with the relevant Issues	<b>14</b>	
Issue Analysis – Barbara	<b>16</b>	
HK Factors	<b>17</b>	
Published article on the Five Elements	<b>20</b>	Energy Control System <b>45</b>
Ψ Gerunds: Common Gerund / Different Topic	<b>27</b>	<ul style="list-style-type: none"> <li>• Scar</li> <li>• Phantom Sensation</li> <li>• Pain</li> </ul>
Examples of Ψ Gerunds: CG / DT	<b>28</b>	
Examples of Ψ Gerunds: CG / DT – all adverbs	<b>36</b>	
Ψ Gerunds: Different Gerund / Common Topic	<b>37</b>	Psycho-Physiological <b>48</b>
Ψ Gerunds: Different Gerund / Different Topic	<b>38</b>	HK 3 Open Book Paper – consolidate the theory <b>49</b>
Ψ Gerunds: Experiential	<b>39</b>	Notation Examples <b>51</b>



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

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

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

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



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## HK 3 MANUAL

### Preliminaries:

- (1) Indicator Muscle (2) Meridian Energy Balance (3) Energy Permission
- (4) Ways of working
  - Working within an issue – HK tested or Client Specified
  - Working in Body Sequence

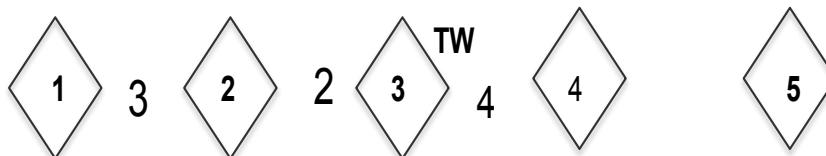
<b>BIO-ENERGETIC CORRECTION FACTORS</b>		
<b>ENERGY CONTROL SYSTEM</b>		<b>TISSUE ENERGY BALANCE</b>
<b>Membrane Configuration</b>	<b>Spin</b>	<b>PSYCHO-PHYSIOLOGICAL</b>
<b>Belief System Elimination</b>	<b>Electro-Magnetic Field</b>	<b>SET</b>
<b>Body Brain Energy Integration</b>	<b>Electric Current</b>	<b>Allergy / Detox</b>
<b>Scar</b>	<b>Phantom Sensation</b>	<b>Tolerance</b>
<b>Pain</b>		<b>Tapping – Allergy and Tolerance</b>
<b>PSYCHOLOGICAL</b>		
<b>Gerund</b>	<b>Being/Not Being</b>	<b>ENERGY FLOW BALANCE</b>
Common Gerund / Different Topic	<b>Sentences</b>	C-SEI: Thinking Processes
Different Gerund/ Common Topic	<b>I Feel / I Am</b>	Thinking Modes
Experiential (Just a Gerund)	<b>PSR (Concern)</b>	
Different Gerund/ Different Topic (with an underlying theme)	<b>ESR</b>	
<b>BIO-ENERGETIC TONING FACTORS</b>		
<b>Meridian Tracing</b> ♦ <b>Essential oils - Aura Sweep / Sniff</b> ♦ <b>Energy Toning Movements 1-4</b>		
<b>BIO-ENERGETIC ADJUNCTIVE FACTORS</b>		
WORK	<b>ACTIVITIES</b> NUTRITION	<b>TOOLS</b> Magnets
REST	DEGAUSS	Life Transformers
SLEEP	LIFE TRANSFORMERS	Essential Oils
PLAY		Essences
		Vibrational Kits
<b>Concluding the session:</b>		
<ul style="list-style-type: none"> <li>• "Is there anything we need to know about the next session?"</li> <li>• "Is there anything we need to do before we stop to aid Stabilization / Harmonization / Integration / Progress or Process of the work we have done today through smoothly?" (SHIPP)</li> <li>• "Is there anything else we need to do or test for you before we finish today?"</li> <li>• <b>"ENERGY PERMISSION TO STOP?" ↑</b></li> </ul>		

### HOW TO HANDLE YOUR SESSIONS FROM HK 3 ON

**First visit:** (a) Case history - go through consultation form with client.

Then record on a new client **Record of Visits** form: (b) MEB points (c) Energy Permission

**1. On the first visit you need to know approximately how many overall groups of work to see a significant improvement? Ask,** "Approximately how many overall groups of work do we need to do to see a significant improvement at least 1?" etc. Mark in the number of visits on the Record of Visits form. Ask, "How long are we waiting between the groups of work - are we counting in weeks?" ↑ "At least 1?" etc. Jot down on the sheet and ask if any of the waiting periods are time windows. (If so, mark with a TW)



Using the example here for 4 overall visits (whether they be Issues or WIBS) with minimum waiting times between sessions of 3, 2 and 4 weeks, we would expect to make a significant difference to the client's concerns/goals once the client's body has had time to process all the HK work. If during session 2 a Time Window is indicated this would be factored in so the Issue could be completed and then you have a minimum waiting period of 2 weeks before doing session 3. The Time Window indicated after 3 means once you have completed session 3 then it is 4 weeks to the day when you MUST do Session 4.

### 2. Now identify how you are working today

**Ask,** "To initiate a healing process, help you achieve your goals and bring your Energy System into harmony and balance how are we working today – in an Issue?" **If ↑** Get out the Issue Analysis Form with the Facets Grid – add name and date.

- **Ask,** "HK tested?" If ↑ **Work through Table page 1 of Appendix to Ann's HK Manuals** asking, "Are we defining the Issue in Physical Body terms?" ↑ / ↓ "Psychological terms?" ↑ / ↓ "Subtle Energy terms?" ↑ / ↓ "Spiritual terms?" ↑ / ↓ "Other?" ↑ Go to relevant page for help in naming the Issue.
- **If ↓** to HK tested, then you are doing a Client Specified Issue and you go to the list of concerns and goals on the case history form and name your issue as you did in HK 2.

**For all issues, whether it is HK tested or CSI, you will now work in the Facets.**

**Ask,** "For this Issue, 'name it', are there Factors to address under the 'name it' Facet?" ↑ / ↓

If you have **a waiting period within an issue**, when the client comes back to complete the work, you must ask **"Are we proceeding as planned?"** Sometimes clients experience some trauma between the visits and this may need some attention first before you continue with the work you already have mapped out on the grid.

### Handing your sessions from HK 3

**If ↓, to working in an issue you are working in Body Sequence as per HK 1:**

- You take out that form and add name and date.
- Ask, "Are we doing Energy Correction Factors?" If ↑, "How many – at least 1?" ↑ "At least 2?" ↑ etc.
- "Any other Factors?" If ↑, "Energy Toning Factors?" If ↑, "How many at least 1?" ↑ "At least 2?" etc.
- "Any other Factors?" If ↑, "Adjunctive?" If ↑, "How many Adjunctive at least 1?" ↑ etc.

So, your WIBS line on the form may look like this:

**WIBS: Δ 1) ECS: BSE 2 2) Ψ Sentences 3 3) SET: A/D 1/7 4) Adj: Rest**

For all other visits in order to determine how to work in that session start by **asking**: "To continue the healing process, help you achieve your goals and bring your Energy System into harmony and balance how are we working today – In an Issue?"

**If ↑**, then you work as explained above so get out the Issue Analysis Form. **If ↓**, you are working in Body Sequence.

### Summary of HK ways of working from HK 3

#### 1. WORKING IN BODY SEQUENCE

For the client, you are working in their body's preferred order

#### 2. CLIENT SPECIFIED ISSUE

Client comes with a list of their concerns /goals so ask them to choose which specific concern or goal they wish to address today. Check for permission to work

**(a) If ↑** Discuss with them the various aspects involved with the chosen focus and jot them down

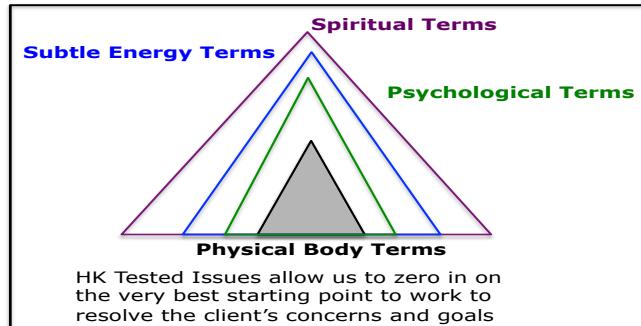
**(b) Test for the priority for today and record it**

**If ↓** to their head choice test through the concerns / goals to determine the body's priority work as above. Once you have named the CSI then go to the Facet Analysis Grid to work up the Issue.

#### 3. HK DEFINED ISSUE

We test for the Issues in body priority.

By defining the issue, you often work from a much higher perspective.



### Working out the issue name for a HK tested issue

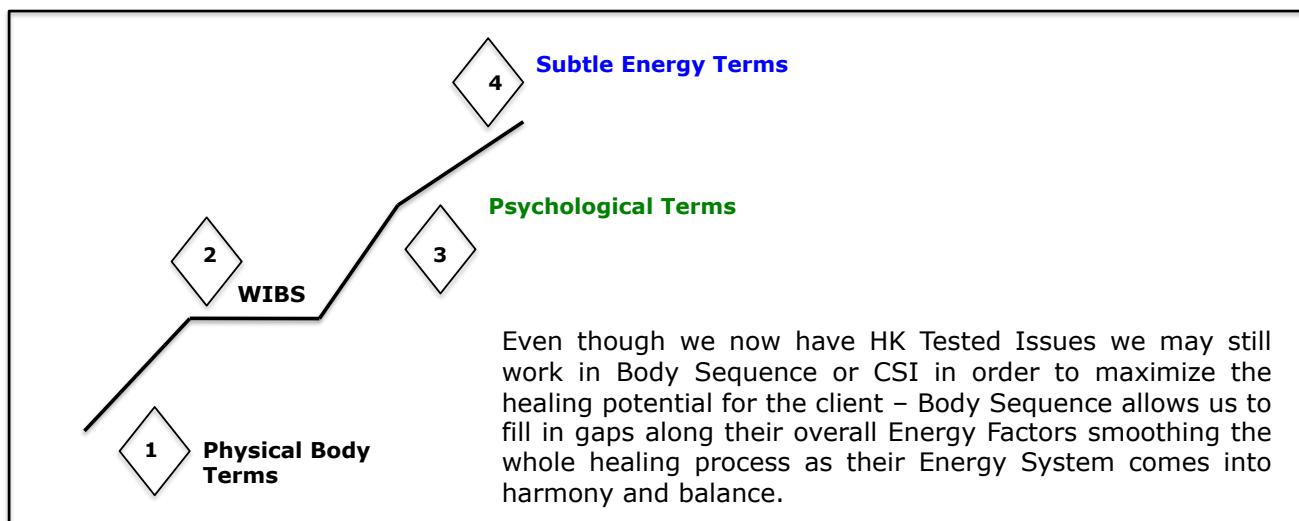
**Ask -** "To initiate the healing process for these concern/s and help you achieve your goals and bring your Energy System into harmony and balance are we defining the issue in - PHYSICAL BODY TERMS?" ↑ / ↓ PSYCHOLOGICAL TERMS?" ↑ / ↓ SUBTLE ENERGY TERMS?" ↑ / ↓ SPIRITUAL TERMS?" ↑ / ↓ OTHER - BROADER CONCEPT?"

On the next page is my Table for Defining an HK Tested Issue.

**Having named the Issue go to the Facet Analysis Grid to work up the Issue.**

**4. QUICK FIX** - relief of symptoms in a **crisis situation only**. BE SURE to stress you are not sorting out the underlying problem only giving relief.

### Looking at possible work to be done over 4 overall sessions



You will find the Table for helping you to define the names for the HK Tested Issue quickly on the next page. The full information you need is the 'Appendix to this Manual' that your tutors will share with you. I suggest you keep it in a separate clear pocketed folder so that it stays in good condition for many years to come as you work as a professional HK practitioner. The page numbers on the table will quickly lead you to the relevant section in the Appendix. So, when working with a client and you need to name the HK tested issue go immediately to **Appendix to Ann's HK Manuals**

Now whether you are working with an HK Tested Issue or a Client Specified Issue you do an Analysis of the Issue through the Facets **asking for each individual Facet**, "For this Issue '...Name it...' are there factors to be addressed in the '...Name the Facet'? If ↑, work your HK menu and at the same time find the number of items within the INDIVIDUAL groups.

### HK 3 MANUAL

#### DEFINING AN HK TESTED ISSUE

"To initiate and integrate a healing process (for .....), help you achieve your goals and bring your Energy System into harmony and balance, are we defining the Issue in -

Terms	No	Yes	Sub Categories	Ann's	Wording
<b>"PHYSICAL BODY TERMS?"</b>	↓	→	BODY SYSTEM	1	Identify and ask, "Is that it?" Otherwise are you looking at – 'the Energy function of.....?' 'the Energy flowing through or into.....?' "Starting with a Gerund / Imperative?"
			BODY PART	1	
			BODY FUNCTION	7	
			DYSFUNCTION		
			BEHAVIOUR	8	
<b>"PSYCHOLOGICAL TERMS?"</b>	↔	→	SELF	9	Identify and ask, "Is that it?" Otherwise expand into a Phrase using a Gerund or expand into a Sentence.
			RELATIONSHIPS	9	
			ROLE	9	
			EMOTIONS	10	
			FEARS	10	
			INTELLECTUAL CONCEPTS	11	
			BEHAVIOUR	12	
<b>"SUBTLE ENERGY TERMS?"</b>	↔	→	CHAKRAS	13	Identify which category and ask, "How many – at least 1?" etc Identify and if more than one – Ask, "Does it matter which order we name them in?" and are you looking at – 'the Energy function of.....?' 'the Energy flowing through or into.....?' Starting with a Gerund / Imperative?
			SUBTLE BODIES	15	
			MERIDIANS	18	
			OTHER	19	
<b>"SPIRITUAL TERMS?"</b>	↔	→	MOVING ON / BEYOND	20	Identify and ask, "Is that it?" Otherwise expand into a Phrase using a Gerund or expand into a Sentence.
			STANDARDS / MORALS	20	
			INTEGRATION	21	
			SPIRITUAL CONCEPTS	21 →	
			BEHAVIOUR	21	
<b>"OTHER"</b>	↔	→	BROADER BASED CONCEPTS	21	My Life / My place in the World / I deserve space on this Earth / My place within the Family Unit etc
Once you have named the Issue, check if there is anything on the including line – if so, could be one or more of their listed concerns or goals.					
<b>Then ask,</b>					
<ol style="list-style-type: none"> <li>1. "Is this issue defined <b>SPECIFICALLY enough</b> for us to achieve both a smooth and effective healing process?"</li> <li>2. "Is this issue defined <b>GENERALLY enough</b> to include all we need for us to achieve both a smooth and effective healing process?"</li> </ol>					

## HK 3 MANUAL

### If working in an ISSUE

Once you get the correct responses to the questions "Is the Issue defined SPECIFICALLY enough for us to achieve both a smooth and effective healing process?" and "Is the Issue defined GENERALLY enough for us to achieve both a smooth and effective healing process?" record on your Issue Form and move into the Facets (see page 6). There is no better recap on the Facets than the "**Summary of the Facet Analysis**" prepared in 2003 by Minna Oldfield, now one of our HK UK tutors.

	<b>Energy Correction Factor</b>	<b>No Items</b>	<b>Other Factors</b>	<b>Order</b>
<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 used 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>				
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**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** (e.g. 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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### Working in an ISSUE continued

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

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

**(a) Ask**, "For this Issue, 'name it' are there factors to be addressed under the \_\_\_ Facet?" ↑ **Ask**, "ECF?" **If** ↑, go down the menu to find type of Energy Correction. Immediately **ask** "For this group of 'name the ECF' how many items?"

**(b) Ask**, "Any other Factors under the \_\_\_ Facet?" **If** ↑, "More Energy Correction Factors?" **If** ↑, Continue down menu. Find next Energy Correction Factor. Then **ask**, "For this group of 'name the ECF' how many items at least one?" etc. When ↓ to ECF **ask**, "Any other Factors under the \_\_\_ Facet for this issue?" If ↑, name it and record in third column. If ↓ - go on to next Facet and repeat the process. Once you have all the Facets covered move onto next step

#### 2. FIND THE PRIORITY ORDER FOR EACH OF THE FACTORS (Put the numbers in the last column)

#### 3. ESTABLISH THE TIME FACTOR FOR DOING THE ISSUE

**Ask**, "Is it OK for us to do the Issue in one session?" **If** ↑ **ask**, "Is it critical we do all the Issue in one go?"

**If** ↓ **ask**, "If I need to stop where would be the best place to stop, after the number one priority?" ↓ "Second priority?" ↓ "Third priority?" ↑ **(example only)**

**If** ↓ to doing all the issue in one session **ask**, "Where must we stop after the first priority? ↓ "Second priority?" ↑ etc **Ask**, "How long must we wait before we continue the Issue, are we counting in days?" ↑/ ↓ (Usually it is in days) "In weeks?" ↑/ ↓ (Very rarely in weeks within an Issue)

**Ask**, "At least 1 day?" ↑ "At least 2 days" ↑ and so on to "At least 4 days?" ↓ "So, it is 3 days?" ↑ **(example only)** **Next ask**, "Is there a time window?" ↑/ ↓ **If** ↑ to a TW work out the number of days when the work must be done and record on the Special Instruction Line as Wait 5 days [6,7,8,9] **(example only)**

**If** ↓ to a TW just arrange for the client to come back to complete the Issue as soon as possible

#### 4. FINAL CHECK QUESTIONS BEFORE PROCEEDING WITH THE ISSUE

**Ask**, "Do we now have all the Energy information we need for this Issue?"

**Ask**, "Should I change the way I have set up this Issue on the Facet grid in any way at all?"

#### 5. IDENTIFY THE ITEMS FOR THE FIRST PRIORITY GROUP OF WORK AND DO

If an ENERGY CORRECTION FACTOR, work up the correction as you have been taught to do it

**(a) TL** ↓ the item **(b) Hold the points for the Energy Flow/s to do the correction** **(c) Re-TL** ↑  
**(d) Finally ask**, "Is this group of 'name it' robust and complete?"

#### 6. IDENTIFY THE ITEMS FOR SECOND PRIORITY GROUP AND DO and so on.

### HK 3 MANUAL

The following Issues from my client's files clearly illustrate the benefits of working in HK tested Issues.

Information from Client: Tom aged 16 years

Date: March 1997

Presenting Symptoms: Extremely tired, headaches, abnormal thirst, constantly having to urinate, weak legs, flu symptoms after Christmas, unable to concentrate on school work, not sleeping well, no longer able to play football. (To me, Tom was showing all the classic symptoms of diabetes.)

Life ambition: To play football professionally

He mentioned he had suffered a severe bump on his head in July 1996.

The doctors at his boarding school had done blood tests but nothing had showed up. On his initial visit, the SET A/D came up with several items associated with diabetes and pituitary gland function. It made me wonder whether the bump on the head, the previous July, was causing problems with the pituitary gland and so that it was no longer secreting sufficient ADH. This might have accounted for the excessive thirst and excessive urine. In view of this at the end of the first session, I suggested they went to the local doctors and asked for urine tests to be done. These tests confirmed that he was suffering from Diabetes Insipidus.

So, from an HK point of view this is how it appeared through the Facets

**CAUSE** Cracking head on doorjamb - July '96

Subtle bodies in shock and out of alignment

**PROCESS** Catching flu at Christmas

**EFFECT** Not sleeping - constantly having to get up to urinate, then thirsty so drinking copious amounts of water.

**SYMPTOMS** Feeling exhausted, muscles feel weak, no motivation to work and suffering from constant headaches.

The 2 issues I did on Tom are on the following 2 pages – I have given the bare bones of the actual work I did on him and some of the corrections you will not have been taught as of HK 3 but I felt it was worthwhile to submit these two overall groups of work as examples. In 1997, we were not using the Record of Visits forms as we do now so the initial layout of the issues was slightly different.

Tom was well enough to return to his boarding school at the end of the Easter holidays. He passed his GCSEs with good grades, was selected to play with his school football team on a tour of South Africa in the summer. Now, many years later, has followed in his father's footsteps into the legal profession.

### HK 3 MANUAL

Name: **Tom**

MEB: **NL 2**

EP ↑

**March 26, '97**

No. of issues **2**

Waiting period between 1 and 2 **2 weeks**

#### Issue 1: Reintegrating all Tom's Subtle Bodies

	Energy Work	No. of Items	Other Factors	Order
<b>PREVENTION</b>	/		/	
<b>CAUSE</b>	/		<b>Adj: Exercise</b>	(7)
<b>PROCESS</b>	<b>ECS: MC</b>	<b>1</b>	/	(2)
<b>EFFECT</b>	/		<b>Adj: Sleep</b>	(5)
<b>REPAIR</b>	<b>ECS: EMF</b>	<b>1</b>		(1)
<b>BLOCKING</b>			<b>Adj: Rest</b>	(6)
	<b>SET A/D</b>	<b>1/8</b>		(4)
<b>SYMPTOM</b>	<b>EFB: Chakra</b>	<b>1</b>		(3)
<b>OTHER</b>	/		/	

#### Special considerations: Critical to do all in one go

	Facet	ECF	Reflex	Element	Item/other Factors
1	R	<b>ECS: EMF</b>	EP	3, 4	— 7 M all vertical all NS on the Chakras
2	P	<b>ECS: MC</b>	K		- Knowing I will achieve whatever I set out to do
3	S	<b>EFB: Chakra MC</b>	NV	6	- NS magnets on all 7 Chakras
4	B	<b>SET: A/D</b>	EP	all	<p>—</p> <p>Blood Urine Bio R Kidney Bio R GT2 A10 A41 A68 A53</p>
5					► Adj: Sleep – in bed by 10.30 pm - Up by 9 am
6					► Adj: Rest - 30 minutes mid afternoon
7					► Adj: Exercise – Walk 15 minutes daily in garden

# HK 3 MANUAL

Client: **Tom**

MEB: **NL 0** EP ↑

**April 9, '97**

Changes: **Headaches are worse and more frequent - no change in thirst or urine production**

**Issue 2: Normalizing the pituitary gland**

	Energy Work	No. of Items	Other Factors	Order
<b>PREVENTION</b>	/		<b>Adj: Information</b>	(5)
<b>CAUSE</b>	/		/	
<b>PROCESS</b>	<b>Cellular Dynamics</b>	<b>2</b>		(4)
<b>EFFECT</b>	<b>ECS: MC</b>	<b>2</b>		(1)
<b>REPAIR</b>	<b>G: CG Exuding</b>	<b>4</b>		(2)
<b>BLOCKING</b>	/		/	
<b>SYMPTOM</b>	/		/	
<b>OTHER</b>	<b>P/OM</b>	<b>1/4</b>		

**Special considerations: Critical to do in one go**

	Facet	ECF	Reflex	Element	Item/other Factors
1	E	ECS: MC	F	0	- Feeling healthy
			B	0	- B: Trying too hard
2	R	Ψ G: CG	NV	5	- Exuding vitality
					- strength
					- control
					- confidence
3	O	P /OM	Act	0	— ME 1 Peach CV 12 Crystal Petrified Wood CV 8 ME 1 Redwood CV 22 ME 2 Arnica CV 6
4	Process	CD	I	3	- Integrate my desires and goals
			E	0	- Experience vitality and motivation
5	Prevention				→ <b>Adj: Information Needs to wear protective headgear when playing football</b>

## HK 3 MANUAL

### ISSUE ANALYSIS

Client: Val aged 48 yrs

September 1996

Concerns: Very depressed, thrush in mouth, food allergies, lonely

Case history:

- Revealed 7 deaths of close family members in last 10 years  
2 sons - one killed outright on his 21<sup>st</sup> birthday evening and other (19) died 4 days later from the same car accident - joint funeral – Val couldn't cry for a month and then hadn't stopped crying since
- Her Father died three months later.
- Husband didn't grieve but left Val in July '96. He had been no support in her grief and couldn't cope with Val's depression. (His way of coping with his grief was to work 16 hours a day)

**CAUSE** Deaths of 2 sons - Subtle bodies torn and in extreme shock

**PROCESS** Lack of support and sympathy from husband - husband leaving her

**EFFECT** Feels worthless, stays at home because too frightened to go out and meet people

**REPAIR** Immune system - Self image

**SYMPTOMS** Depression. Thrush. Allergies

Two of the three Issues I did on Val are shown on the following pages – I have given the bare bones of the actual work I did on her and some of the corrections you will not have been taught as of HK 3 but I felt it was worthwhile to submit these two overall groups of work as further examples of how the Issue Analysis works and how effective it is. In 1997, we were not using the Record of Visits forms as we do now so the initial layout of the issues was slightly different.

Val responded very well to the HK sessions and they really turned her life around. After the second session, she felt confident enough to go out again and mix with people. Some weeks after the third session she came in to see me and tell me she had been so impressed with how the Energy work had helped her, she had decided to train as a crystal healer. Over the following years I saw her regularly when she came into my shop in Ripon and she was happy and fulfilled in her new life.

### HK 3 MANUAL

Name: **Val**

MEB: **NV 3**

EP ↑

**September 7, '97**

No. of Issues: **3** Waiting periods between 1/2 **3 wks** Between 2/3 **5 wks**

Issue: **REALIGNING THE ENERGY FLOWING FROM MY EMOTIONAL BODY TO MY ETHERIC BODY**

Including: **the thrush**

	<b>Energy Work</b>	<b>No. of Items</b>	<b>Other Factors</b>	<b>Order</b>
<b>PREVENTION</b>	/		/	
<b>CAUSE</b>	<b>SET: A/D</b>	<b>1/8</b>		(4)
<b>PROCESS</b>	<b>ECS: Spin</b>		<b>Adj: Nutrition</b>	(2)
<b>EFFECT</b>	<b>Ψ Sentences</b>	<b>3</b>		(5)
<b>REPAIR</b>	/		<b>Adj: Rest</b>	(3)
<b>BLOCKING</b>	/		/	
<b>SYMPTOM</b>	<b>ECS: MC</b>	<b>2</b>	/	(1)
<b>OTHER</b>	/		/	

**Special considerations:** /

	<b>Facet</b>	<b>ECF</b>	<b>Reflex</b>	<b>Element</b>	<b>Item/other Factors</b>
1	S	<b>ECS: MC</b>	K	0	- Knowing my needs will be met
			B	0, 2	- B: Grieving
2	P	<b>ECS: Spin</b>	EP	5,6	- 7 P SS Gizmos on all 7 Chakras
3	E	<b>Ψ Sentences</b>	NL	0, 2	- Life has been extremely hard for me
					- I miss my boys every day
					- Is it possible to be have happiness again?
4	C	<b>SET A/D</b>	EP	all	Saliva ME2 Arnica Kern Meridian Complex ABE Macrocarpa ABE Sturt Desert Pea Glastonbury Thorn Tlacote ME 2 Female Energy Booster
5	P				► <b>Adj: Nutrition – no yeast products</b>
6	R				► <b>Adj: Rest 20 minutes both morning and afternoon</b>

### HK 3 MANUAL

Name: **Val**

MEB: **NL 0** EP ↑

**Dec 4, '97**

Changes? Felt more emotionally balanced / thrush in mouth much improved  
Had stomach upset since eating a tuna sandwich last week

Issue No: 3 **STANDING ON VAL'S OWN TWO FEET**  
Including: **Self-confidence**

	Energy Work	No. of Items	Other Factors	Order
<b>PREVENTION</b>	/		/	
<b>CAUSE</b>	/		/	
<b>PROCESS</b>	/		<b>Programme a crystal</b>	5
<b>EFFECT</b>	<b>ECS: MC</b>  <b>Ψ p</b>	2 2	/	1 4
<b>REPAIR</b>	/		/	
<b>BLOCKING</b>	/		/	
<b>SYMPTOM</b>	<b>Ψ G: CG Letting myself</b>  <b>Ψ B/NB</b>	4 4		2 3
<b>OTHER</b>				

Special considerations: /

Set	ECF	Reflex	Element	Item/other Factors
1	<b>ECS: MC</b>	<b>F</b>	<b>0</b>	- Feeling independent
		<b>E</b>	<b>1</b>	- Experiencing reconciliation
2	<b>Ψ G: CG</b>			- Letting myself be frivolous
				- grow
				- change
				- be content
3	<b>Ψ B/NB</b>	<b>NL</b>	<b>3</b>	- B sacrificed
				- NB
				- B valued
				- NB
4	<b>Ψ p</b>	<b>EP</b>	<b>0</b>	— LH ↓ crotch — RH ↑ GV21   Think "grounded" — Swap hands   Think "not grounded"
5			→	<b>Adj: Programme a aventurine crystal</b>  <b>Being strong and Being secure</b>

<b>Examples from my client files</b> of both the presenting concerns and the issues done to resolve their problems	
<u>Presenting Concerns</u>	<u>Named Issue/s</u>
<b>Doreen</b> Osteo-arthritis in spine Pain in both hips shoots down legs Stiffness in hands Always tired	<b>Increasing my Self-Respect</b> - Wait 3 weeks <b>Doreen's Skeletal System</b> - Wait 5 weeks <b>Role as a working wife</b>
<b>Ken</b> Stiff left knee gradually worse over last 11 years- particularly after sport	<b>Role as an active person</b>
<b>Janet</b> Hair falling out Blocks about money - always hard up Varicose veins - painful	<b>Accepting my spirit</b> – Wait 4 weeks <b>Increasing my Self-Respect</b> - Wait 3 weeks <b>Being able to visualize</b>
<b>Anne</b> Frozen shoulder - torn deltoid Weight problem - always dieting Asthma	<b>Self-Knowledge</b> - Wait 7 weeks <b>Role as an energetic person</b>
<b>Joan</b> Feels unsupported by husband Doesn't like being touched Difficulty in relating to son	<b>Role as a therapist</b> - Wait 5 weeks <b>Metabolizing and utilizing Amino Acids</b> - Wait 6 weeks <b>Healing and integrating the emotional and physical bodies</b>
<b>Sharon</b> PMS Cold sores Rash down hips and legs Hands and feet always cold	<b>Regulating Sharon's reproductive system</b> - Wait 2 weeks <b>Healing the cellular sheath</b> - Wait 3 weeks <b>Dramatically boosting my self-respect</b>
<b>Jane</b> Eyes don't refocus	<b>Balancing and centering the flow of Energy through the thread soul</b>
<b>Della</b> Relationship has finished – husband has left	<b>Transforming my sexual Energy</b>
<b>Sonya</b> Feeling depressed	<b>Balancing and harmonizing the energies flowing through the emotional body</b>
<b>Mary</b> Feeling totally inadequate	<b>Harnessing my inner strengths to move forward</b>

**Examples of client Issues continued**

Examples from my client files of both the presenting concerns and the issues done to resolve their problems

<b>Presenting Concerns</b>	<b>Named Issue/s</b>
<b>Joan</b> Pain in hands, knees, feet, elbows very itchy bumps under skin skin itself itchy and constantly flaking	<b>Relationship with Mum</b> - then Wait 5 weeks <b>Giving relief to the connective tissue</b> – then Wait 4 weeks <b>Harmonizing my endocrine system</b>
<b>Pat</b> Stomach problems - restricted diet Poor concentration Solar plexus feels wobbly	<b>Increasing energy through the eliminative systems</b> - Wait 5 wks <b>Balancing the energy flowing from the Kidney Meridian to the Heart Meridian</b>
<b>Kathleen</b> Right hip painful all day Driving the car is difficult	<b>Developing my trust in other people</b> - Wait 2 weeks <b>Hyaline Cartilage</b>
<b>Barbara</b> Sternum feels sore - pain goes through to the back chest feels tight	<b>Harmonizing Barbara's solar plexus chakra</b>
<b>Chris</b> Painful elbow	<b>Maintaining the spin of the sacral chakra</b> - Wait 3 weeks <b>Anaesthetics out!</b>
<b>Sarah</b> High blood pressure Palms of hands cracked and red while oozing a sticky honey coloured liquid	<b>Aligning the higher Mental and Etheric bodies</b> - Wait 6 weeks <b>Energizing the Endocrine System</b>
<b>Richard</b> ** 15 years-old – quick tempered, aggressive and prone to hit out	<b>Modifying my behaviour</b>
<p>** Richard was an exceptionally bright boy at Harrogate Grammar and on track to go to Cambridge to study physics and mathematics. After twice punching other boys during classes, the school had threatened to expel him. His parents requested a second chance if he was taken for some help. I only saw him for the one session but it turned him round. He graduated from Cambridge a few years later with a First Class Honours degree.</p> <p style="text-align: center;"><b>Ah – the magic of HK.</b></p>	

### HK 3 MANUAL

Name: **Barbara**

Date: **June 6, '96**

Presenting Symptom: **Blocked tear duct in left eye**

**Issue: Boosting the Energy Flow of the lymphatic system**

**Including: blocked tear duct**

Facets	Energy Work	No. of Items	Other Factors	Order
<b>PREVENTION</b>	/		/	
<b>CAUSE</b>	<b>Ψ G/C - Choosing</b>	<b>4</b>	/	<b>2</b>
<b>PROCESS</b>	<b>Ψ B/NB</b>	<b>4</b>	<b>ADJ: water</b>	<b>3</b>
<b>EFFECT</b>	<b>ECS: Spin</b>	<b>2</b>		<b>1</b>
<b>REPAIR</b>	<b>SET: A/D</b> <b>Ψp</b>	<b>1/4</b> <b>2</b>		<b>7</b>
<b>BLOCKING</b>	/		/	
<b>SYMPTOM</b>			<b>Adj: Rest</b>	<b>6</b>
<b>OTHER</b>	/		/	

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

	Facet	ECF	Reflex	Element	Item/other Factors
1	E	ECS: Spin	NV	1	- 2P NS Thymus NS Brow - 1P SS Third eye
2	C	Ψ G: CG	EP	0, 1	- Choosing happiness - success - tenderness - fulfillment
3	P	Ψ B/NB	NL	3	- Being free - NB - Being stagnant - NB
4	R	Ψp	EP	0	LH RH -   - → Over l. eye → Over r. eye -   - Think "clear" -   - Reverse hands -   - Think "Not clear"
5	B				<b>Adj: Water drink 4 pints daily</b>
	S				→ <b>Adj: Rest 20 minutes daily</b>

## HK 3 MANUAL

### Barbara's Issue continued

Facet	ECF	Reflex	Element	Item/other Factors
				<b>Wait 6 days</b>
				<b>June 13, 1996</b>
R	<b>SET: A/D</b>	<b>EP</b>	<b>all</b>	<ul style="list-style-type: none"> <li>- ear wax</li> <li>- HoBon RR</li> <li>- HoBon alcohol</li> <li>- ME1 Redwood</li> </ul>
Barbara had been a client for a number of years at this point and an HK session was always her first choice for help whenever she felt under the weather. She reported to me the following week that her tear duct had returned to normal.				

7

## HK FACTORS

### Bio-Energetic Correction Factors (HK 1 -10)

Energy Correction Factors retune the Energy in the presence of a stress. As the stress is highlighted, the reflex points needed to 'correct' or 'retune' the imbalance are held. This allows the body to release the stress locked in the system and for the body to begin healing. We always work in groups of items that are energetically related. The individual items within the group are corrections in their own right. Each group follows the mathematical maxim "The whole is more than the sum of its parts".

The stressor could be thoughts, feelings, magnets, allergens, essences, crystals, a body position or a body movement, self-touch, input through the five senses or a combination of any of the foregoing.

ECFs bring immediate and lasting change within the Energy System. Unless affected by geopathic energies (earth energies and electromagnetic pollution) ECFs are virtually permanent.

The vast bulk of the work we do as HK practitioners is with the ECFs on our menu. When we first set up an ECF each item always TLs ↓ because the pattern we've highlighted stresses the system. After the Energy is retuned each item will TL ↑.

### Bio-Energetic Redirection Factors (HK 5 + HK 6)

All Energy Redirection Factors redirect existing balanced Energy to achieve a specific purpose in some specific named part of the physical body area or the balanced Energy enables the body to re-route Energy to look for other possibilities in the way the body usually deals with particular problems.

The Energy Redirection Factors (ERFs) do not stress the body and so they do not TL down, but we do test out which energy circuits we need in order to redirect the energy. In HK 5 we do ERF: Focused Energy Redirection, a way of focusing Energy to a specific area to generate change in that localised tissue. Further ERF procedures are taught in the advanced stages.

### HK Factors Continued

#### Environmental Factors (HK 10 and Geo-Biology)

Environmental Factors address both environmental toxins and Geopathic Stress. Environmental toxins such as fumes from furnishings and paints in the home as well as industrial fumes in the work place are hidden sources that can be seriously undermining a client's health without their conscious awareness of the problem. Geopathic Stress both earth energies and electro-magnetic pollution can be resonating to some organ or part of the body and slowly breaking down the integrity of the cell structure. Dr Scott addresses the problems of Geopathic Stress in a separate class called Geo-Biology. There are however many books on the subject including Jane Thurnell-Read's excellent "Geopathic stress and Subtle Energy".

#### Bio-Energetic Toning Factors (HK 1 -10)

Energy Toning Factors 'exercise' existing Energy Pathways to strengthen the Energy Flow. They often improve the pathways between the subtle bodies. As we train in HK we learn a number of Energy Toning Factors each of which is working to strengthen specific Subtle Energy connections. **Energy Toning Factors** do not stress **the Energy System**. Energy Toning Movements and Meridian Tracing enhance the interface between the Etheric and physical bodies.

- Essential Oils used at the beginning of a HK session either sniffed or as an aura sweep open up the client's Energy System and allow us to work very deeply. Used during the session, they appear to allow previous groups of work to process through more smoothly and then open up the client's Energy System for us to proceed at a deeper level. Used at the end of a session they allow all the Energy work from that session to be processed smoothly.
- Reactivation can be the best choice for a client if their healing process gets 'stuck' and progress appears to be halted and no matter what you do it stays 'stuck'. It's like an "on button" telling the body to process all the work already in place. Reactivation items are always sensory items. See/ Feel/ Hear/ Taste/ Smell
- Affirmations (HK 4) reinforce Energy related to the mental body as old troublesome thought patterns are replaced by new wholesome beliefs / habits.
- Wearing Life Transformers, (HK 4) after they have been used for corrections, keeps the Energy pattern of the LT continually within the Energy System and this helps to reinforce the pattern.
- Visualization and meditation are also ETFs. (HK 7)
- Taking homoeopathic remedies or vibrational essences of flowers, crystals, or trees is also Energy Toning. The specific pattern of the homoeopathic remedy or flower essence taken in very small doses over a period of time allows the body to recognize the pattern and then deal with it appropriately.

### HK Factors Continued

#### Adjunctive Factors (HK 1 -10)

Adjunctive Factors work with the physical body and are activities, such as sleep, rest, work, play, water, nutrition, exercise, relaxation, physical nurturance or mental stimulation, that the client goes away and does for themselves to help the physical body support changes at the Subtle Energy levels. They are individually tested.

Wearing one of the Life Transformers to 'protect' against Geopathic Stress, Electro-Magnetic Pollution and Chaotic Energy is using the LT in an adjunctive way rather than as a Toning Factor.

Occasionally Information will come up under adjunctive. You would need to test out what it is the client needs to know or change – it will in some way be related to the work you have just done in the session.

#### For your personal notes:

### The Five Elements

Kinesiology is a bio-energetic natural health modality that uses muscle testing (muscle monitoring) to assess imbalances and blockages in a client's Energy System that are contributing to physical, emotional or mental unease. Our physical bodies are designed to self-regulate in order to easily adapt with change. If, for some reason, our self-regulatory mechanism is not functioning optimally the muscles will reflect stress in the central nervous system and the muscle will 'switch off', 'relax' 'go weak'. Kinesiology combines the art of muscle testing with the wisdom of the Chinese acupuncture system of Meridian Energy Flow. Information on acupuncture first came into the West in the early 1960s as two separate schools of thought **(i)** the Five Element Theory and **(ii)** the Eight Extra Acupuncture. Within a few years there were a large number of Acupuncture Schools teaching the Five Element Theory established in North America and Europe, including the UK.

How did 'kinesiology' as we know it, originate from the Five Elements? Dr George Goodheart, after reading the work of Dr Felix Mann on acupuncture, made the connection between muscle tone and the Meridian Energy Flows. He incorporated the Five Element Theory for the Bilateral Meridians and the Governing and Central Vessels with his work on the origin and insertion of muscles as well as, the work of both Dr Terrence Bennett and Frank Chapman into his new system, "Applied Kinesiology". Dr Terrence Bennett identified what is now known as the neurovascular points which, when held lightly, increase the blood supply to specific organs while Frank Chapman found the reflex areas on the body now known as neurolymphatic points, which when stimulated increase lymph flow. Although Dr Goodheart is considered the 'father' of all the mainstream kinesiology modalities, it is from the work of Dr John and Carrie Thie, the originators of the Touch for Health System, that kinesiology gained worldwide popularity. All the different branches of Kinesiology currently taught and practised worldwide have evolved from Applied Kinesiology and Touch for Health. They all share one common fundamental underlying principle – as each client is a unique individual, each kinesiology session is tailored to the client's specific needs at that moment in time in order to help the client move towards better health and well-being.

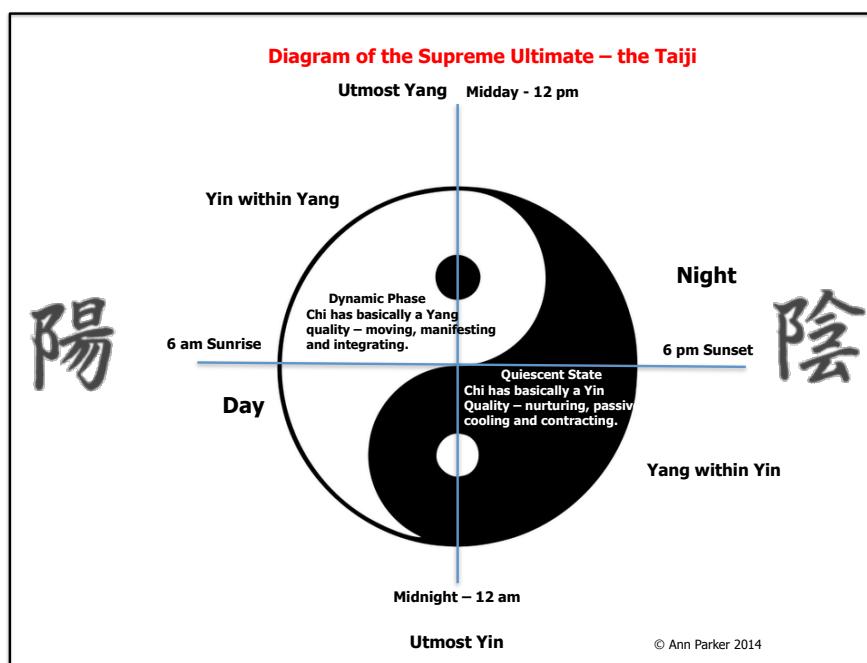
As kinesiology practitioners, we can determine if there is an excess or deficiency of energy in one or more of the Five Elements. The energy disturbances can be caused by physical trauma, disturbed energy reactions to foods (allergies), nutritional imbalances, postural problems and psychological stress to name but a few. Although the physical body has an innate knowledge of what it needs to stay healthy, it sometimes just needs a nudge in the right direction. Working our HK menu, we have many Factors to provide that 'nudge' so the Energy System comes back into harmony and balance and the physical body heals.

### The Five Elements continued

Balance has to do with the relationship between two separate entities - for instance, the relationship between the heart and kidneys. For the physical body to be healthy, first, a relationship must be in balance then the next step is to achieve harmony. When two things are in harmony, their energies are not just equally proportioned but blended together into a seamless whole. When two elements exist in harmony, there is an ongoing, unconscious dance between them that happens naturally. When one predominates, the other recedes - this provides internal harmony, the dynamic condition to ensure good health. In a healthy System, harmony happens naturally within the body itself, and between the body and external forces of Nature and the Universe. So, when nature's Chi undergoes change, as it does seasonally, a person's internal Chi should respond automatically.

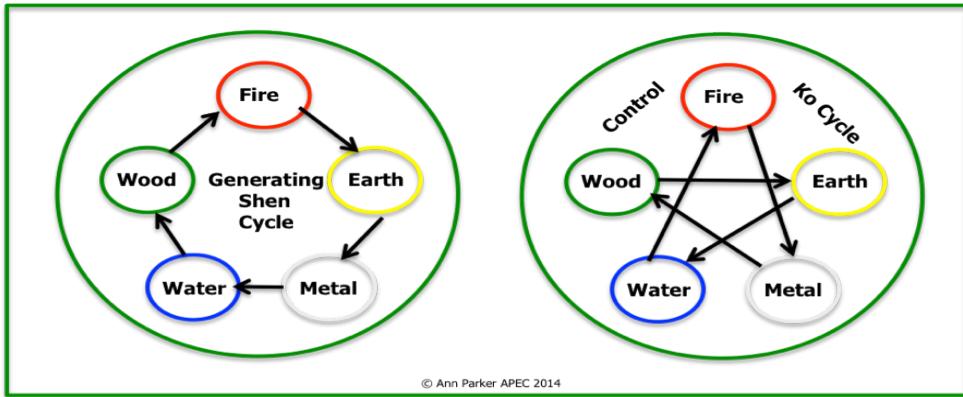
Almost everyone is familiar with the Yin Yang Symbol. In Traditional Chinese Medicine, this symbol is called 'The Taiji' and it represents 'the highest principle' or 'supreme ultimate' from which all things come into being and the natural cycle of life is generated. The Yin and Yang are created from this highest principle via the Three Ancestries (the 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. 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. 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.



## The Five Elements continued

As this constant cycle of transformation occurs, the Five Elements of Energy manifest into Wood, Fire, Earth, Metal and Water. In order for the Energy to stay in harmony and balance, the Five Elements have two cycles of Energy – the Generation or Shen Cycle and the Control or Ko Cycle.



In the Generating Shen Cycle, Wood feeds Fire, Fire creates Earth, Earth collects Metal, Metal collects Water and Water nourishes Wood while in the Control Ko Cycle Wood breaks up Earth, Earth absorbs Water, Water extinguishes Fire, Fire melts Metal, and Metal splits Wood. Through these two Energy Cycles, each of the Five Elements constantly interacts to achieve balance and harmony in the overall Energy System and thus physical, emotional and mental well-being. Each Element has a Yin-Yang pair of Meridians apart from the Fire Element, which has two pairs of Meridians. Each Element has its own distinctive features and associations.



The **Wood Element**, basically Yang or masculine in character, is associated with the colour green, spring and rebirth, the seeking of new growth and expansion. The paired Meridians, Liver-Gall Bladder, when in harmony and balance offer courage and flexibility. Its positive attributes are leadership, courage, generosity and the ability to be decisive and set clear goals. Its negative attributes are aggression, insensitivity and a quick temper. People with the right balance of Wood Energy are sensitive, outgoing and good leaders. People with an excess of Wood Energy tend to be overly assertive, aggressive and easily roused to anger while people with deficient Wood Energy tend to be restless and lethargic. The key positive emotion associated with the Wood Element is kindness while the negative emotion is anger. Unresolved anger impacts on the Liver-Gall Bladder Energy System and can cause both Liver Blood and Liver Chi Stagnation within the liver and gall bladder organs leading to a disruption in the smooth flow of energy throughout the body.

**The Five Elements continued**

The **Fire Element**, basically Yang or masculine in character, is associated with the colour red and summer. It provides the warmth and light to allow the growth of spring to come to fruition. It is the only one of the Five Elements with two paired Meridians – Heart-Small Intestine known as Sovereign Fire and Circulation Sex (Pericardium)-Triple Warmer (Burner) known as Ministerial Fire. Its positive attributes are dynamism and persistence, which provide the passionate drive when we are following our life's pathway. People with the right balance of Fire Energy are fun to be with, joyful, playful and charming. People with too much Fire Energy tend to be aggressive, impatient and impulsive. People who are deficient in Fire Energy lack drive, ambition and an enthusiasm for life. The key positive emotions associated with the Fire Element are love and joy while the key negative emotions are sadness and hate. Chronic conditions of sadness or hatred and conversely excessive joy or over-excitement can impact on the Heart-Small Intestine and Circulation Sex-Triple Warmer Energy Systems and cause Heart Chi Deficiency and Heart Yang Deficiency which lead to Heart Blood Deficiency within the heart and pericardium organs with a knock-on detrimental effect on the functions of the small intestine, the kidneys and the spleen organs.



The **Earth Element** provides a balance of Yin and Yang Energy and it is associated with the colour yellow and damp and the change or turning of each of the four seasons. It has a stabilizing, nurturing and conserving influence seeking to draw everything together to function optimally. The paired Meridians, Spleen-Stomach, when in harmony and balance offer stability. Its positive attributes are patience, hard work, thoughtfulness and practicality. People with the right balance of Earth Energy tend to be kind, supportive and warmhearted. People with an excess of Earth Energy could exhibit traits of self-centredness and selfishness. People who are deficient in Earth Energy may merge with their environment and have difficulties setting appropriate boundaries. The key positive emotions associated with the Earth Element are empathy and contentment while the key negative emotions are obsession and bitterness. The Spleen-Pancreas Energy System is particularly sensitive to dampness which can comprise its normal functions of transforming the essence of food into Blood.

## The Five Elements continued



The **Metal Element**, basically Yin and feminine in character, is associated with the colour white and autumn. The energy of the Metal Element contracts as the environment begins to dry out and it prepares itself to survive the next cycle of the seasons. Metal represents all the crystals, minerals and precious gems throughout the world. Its paired Meridians, Lung-Large Intestine, when in harmony and balance offer us the opportunity to manifest the perfect diamond within, 'to shine' and know and rejoice in the knowledge of our self-worth. The Metal Element's positive attributes are persistence, strength and determination. People with the right balance of Metal Energy are organized, contained, self-reliant, respectful of themselves and others and happy to both give and receive praise for achievements. People with an excess of Metal Energy may be controlling, overly ambitious, even foolhardy and often set in their ways while those with a Metal Energy Deficiency will tend to let others control and walk all over them as well as totally lacking in ambition. The key positive emotion associated with the Metal Element is courage while the negative emotion is grief. The Lung-Large Intestine Energy System is particularly susceptible to excessive dryness and prolonged states of grief causing Lung Chi Deficiency within the lung and large intestine organs. Lung Chi Deficiency impacts the lung's function of controlling respiration in order to disseminate the Chi to all parts of the body as well as assisting the heart to move the Blood. If the Lung Chi is deficient it cannot descend to assist the large intestine with the efficient absorption of water and salts, the production of Vitamin K and the elimination of waste.



The **Water Element**, basically Yin and feminine in character, is associated with the colour blue and winter. The energy of the Water Element flows down and in. This enables the body to conserve life over the harshest season of the year. Its paired Meridians, Kidney-Bladder, when in harmony and balance offer access to the wisdom within, flexibility and softness. The positive attributes of the Water Element are peacefulness, the knowledge how to spend our time and resources both productively and creatively. It is from the people with the right balance of Water Energy that all great inventions and ideas come into being whereas people with an excess of Water Energy tend to find it difficult to bring any project they undertake to fruition. People with a Water Energy Deficiency tend to be set in their ways and find it difficult to go 'with the flow'.

## The Five Elements continued

# 水

The key positive emotions associated with the Water Element are willpower and confidence while the negative emotion is fear. The Kidney-Bladder Energy System is particularly susceptible to cold causing Kidney Chi Deficiency within the kidney organ and a knock on detrimental effect on the functions of the bladder, heart, spleen, stomach and lung organs.

In general, an out of balance Element can present with the polar opposites to each other. The Five Elements are controlled by the Eight Extraordinary Channels (Qi Jing Ba Mai) – the first Energy Channels to emerge after conception. They integrate, regulate and strengthen the flow of both Energy and Blood of the Twelve Main Bilateral Meridians and their underlying Secondary Channels either absorbing excess Energy and/or excess Blood or releasing Energy or Blood when there is a deficiency.

The Eight Extraordinary Channels mesh into one integrated whole the various structures and organs, the Internal Organs and the Main Bilateral Meridians.



**The Five Elements continued**

Many of the kinesiology modalities using the Touch for Health System work towards achieving 'a balance' by the end of their sessions. This is achieved by either (i) doing a fix as you go 14 muscle balance where they test individual muscles associated with specific meridians and if that meridian is out of balance they strengthen the muscle using one or more of the following techniques rubbing the Neurolymphatic areas, holding the Neurovascular Points, running the Meridian or stimulating the spinal reflexes or (ii) they may test through the muscles quickly noting which ones are out of balance and in over energy and then use either the Beaver Dam or Squares techniques or (iii) the One Point Balancing using the Law of the Five Elements.

All Health Kinesiology practitioners and students in training balance the client's Meridian Energy Flow at the very beginning of each session by finding which Element and which Reflex is in over-energy in order to hold the correct flow/s to bring the client's Meridian Energy System into harmony and balance. Health Kinesiology uses both muscle testing and precise verbal questioning to access the client's own homeostatic knowledge as it is the client's own body wisdom that holds the key to their own unique healing process. A client recently presented with anxiety and midnight panic attacks. She was Meridian Energy Balanced on Neurolymphatic of Kidney / Bladder (Water Element). The body's first priority was Energy Toning (these strengthen existing energy pathways) and she sniffed marjoram. Marjoram has a calming effect on the nervous system and emotions. The rest of the session comprised four Energy Corrections to 'fix' the broken energy pathways. The first correction, a Membrane Configuration to normalize her metabolism, had two items where the points were held in Kidney / Bladder for 'Experiencing pressure' and in Heart / Small Intestine for 'Knowing I control my life'. Next the Neurolymphatic of Kidney / Bladder were held for a Chakra Correction using colours to balance individual chakras followed by an Emotional Detox using Australian Bush Essences and holding a specific sequence of points for the Elements. The session finished with a psychological correction holding Neurovascular Kidney / Bladder while the client thought 'recognized and withdrawn'. Within a few days she reported that her sleep was back to normal.

Updated from my article "Kinesiology and the Five Elements" that was published in the 'International Therapist' in 2014.

**Your personal notes:**

PSYCHOLOGICAL GERUNDS

Lists Working Manual (i) Gerunds pages 10/11 and (ii) Concepts pages 11 - 25

Ψ COMMON GERUND/DIFFERENT TOPIC

Ψ G: CG / DT

**Table of Procedure Ann's Health Kinesiology Working Manual page 43**

The Common Gerund is the most common of the gerund structures. Can be any number in the group from 2 – 20 but groups of 4, 5, 6, 7, 8 are the most common while even a group of 1 is possible. For the group of 1 it is stressing that the gerund is the main stressor. Every item in the group uses the same gerund e.g.

**Experiencing life**

**Experiencing love**

**Experiencing joy**

In general, the narrower we keep the wording of the topic the wider its possible influence - e.g with the item above 'Experiencing joy' it could also be targeting ... with the work I do, .... with my children/grandchildren, .... working in my garden.

Although the majority of Common Gerund groups tend to be a gerund followed by a single word as the concept, you can have wordy items where the whole group tends to follow a particular structure.

**Believing I can accept what I want to accept**

**Believing I can do what I want to do**

**Believing I can have what I want to have.**

If an adverb is the topic for the first item then usually all topics within the group are adverbs. **WM Lists page 18**

**Thinking logically**

**Thinking cheerfully**

**Thinking positively**

**Thinking negatively**

- Sometimes you will get a clue for the topics from previous work you have done that day, (ECS: MC, ECS: BBEI, ECS: BSE or Ψ other psychological groups **being the most fertile source of topics**), from the **issue title** or the **client's concerns or goals**. If ↓ work your lists
- Remember sometimes you could be looking for an antonym of the clue rather than a synonym.

The following examples of **COMMON GERUND / DIFFERENT TOPIC** have been extracted from my client files.

To learn the Energy of these psychological common gerunds you **need to read the gerund every time you say an item**. E.g. For the Abandoning example these are 2 separate groups and were done on 2 different clients and so on throughout the list of examples

## Psychological Common Gerunds continued

First group

- **ABANDONING** my obsessions
- my phobias
- my fears
- my inhibitions

while for the following examples, each line representing a separate groups that were done on different clients

### **ABANDONING**

my obsessions, my phobias, my fears, my inhibitions

my pretence, my fixations, my jealousy, my foibles

### **ACCEPTING**

my body, my weaknesses, my fears, my needs, my desires, my pain, my anger, my grief

my uncertainty, my guilt, my shame, my past

contentment, love, forgiveness, harmony

my strengths, my potential, my gifts, my future

### **ACHIEVING**

success, peace, fulfillment

recognition for my input, satisfaction in all I do, joy in my relationships, all I could possibly desire

### **ADJUSTING**

my attitudes, my beliefs, my habits, my life

### **ALLOWING**

myself to change, myself to move forward

### **APPRECIATING**

my gifts, my potential, my successes, my strengths

myself, my family, my workmates, others

truth, knowledge, wisdom, spirituality

### **ATONING**

for my misdeeds, for my shame, for my anger, for my jealousy

### **AWAKENING my**

values, forgiveness, love, spirit

### **BECOMING**

ill, powerless

redundant, useless, aware, alive

**Examples of Ψ Gerunds: Common Gerund groups from my client's files continued**

**BEGINNING to be**

aware, content, happy, loving

trusted, trusting, calm, loved, independent, mature

**BEING**

willing to accept change, willing to understand change, willing to change

guilty, innocent, rejected, accepted

left behind, depressed, irrational, obsessive, vindictive, included

broken hearted, lost, vulnerable, exhausted

**BELIEVING**

I can accept what I want to accept, I can do what I want to do, I can be what I want to be, I can experience what I want to experience, I can have what I want to have, I can know what I want to know in myself, in the future, in the possibility of a loving relationship

**BELIEVING**

I am: special, loved, desired, valued

**BELIEVING IN**

myself, my essential goodness, my talents, my dreams, my future, my spirituality

a future, forgiveness, redemption, peace

**BLOCKING**

the pain, the grief, the shame, the desolation

success, potential, contentment, joy

**CELEBRATING**

my successes, my wisdom, my potential, my goodness

the gift of life, the gift of the spirit

**CHOOSING**

what my life should be, what my life can be, what my life needs to be,

how I ought to behave, how I behave, how I live

**COMPLETING**

anything, what I started, what I have to

**CONFRONTING**

my beliefs, my ideals, my truths, my denials, myself

difficult people who are not pulling their weight at work

**Examples of Ψ Gerunds: Common Gerund groups from my client's files continued**

**CONTROLLING**

other people, situations, myself

my pain, my distress, my volatile behaviour, my reactions

**CONQUERING**

my fears, my phobias, my weaknesses, my despair

**COPING WITH**

the truth, rejection, being abandoned, pain

hurt, unhappiness, loneliness, devastation

joy, happiness, success, peace

**CREATING**

space for me in my life, a deep sense of peace, successful relationships,

pleasure in my work, satisfaction in my work, pride in my work

**CRITICIZING**

everything, other people, myself

**DARING**

to change, to be different, to love myself, to enjoy challenges

**DEMANDING**

peace, space, time, acknowledgement, validation, sexual fulfillment, contentment

my needs be met, my desires be met, my wants be met

**DENYING**

my feelings, my pain, my shame, my anger, my loss

my potential, my success, my life

**DESTROYING**

my relationships, myself, others

**DISCOVERING**

whom I am, what I am, what I want, what I feel

I can change, I can believe in myself, I can trust myself, I can succeed

**DOING**

what I want to do, what I have to do, what I am called to do, what I dream of doing, what I believe in doing

**DREAMING of**

my success, my rewards, my future

### Examples of $\Psi$ Gerunds: Common Gerund groups from my client's files continued

#### **ENJOYING**

good health, vitality, success, fulfillment

my family, my friends, my life, my home

#### **EXHIBITING**

skills, acumen, enthusiasm, confidence, acceptance, serenity

#### **EXPERIENCING**

injustice, betrayal, disbelief, shame

frustration, insecurity, guilt, depression, rejection, doubt, fear, withdrawal

freedom, contentment, approval, trust, love, self-assurance

kindness, warmth, tenderness, togetherness, closeness, intimacy

hatred, jealousy, intolerance, rejection

#### **EXUDING**

energy, vitality, enthusiasm, contentment

strength, encouragement, power, success, charisma

#### **FACING**

my frustration, my anger, my anxiety, my shame

my hurt, my rejection, my pain, my guilt, my anger, my jealousy,

my unhappiness, my loneliness, my despair, my loss

#### **FEARING**

loss, rejection, separation, silence, emptiness, darkness

#### **FEELING**

anxious, inhibited, worried, unreasonable, irrational, suspicious, jealous,

hurt, frustrated, lonely, shocked, abandoned, vulnerable

envious, forlorn, anxious, misunderstood, ignored, lost

at peace within myself, good about myself, proud of my achievements, content with my life

respected, validated, supported, understood, content, special,

hurt, fragile, frustrated, lonely, insecure, criticized, frightened, bored, stupid

#### **FORCING myself**

to change, to accept my mistakes, to grow, to forgive myself

#### **GIVING**

support, sympathy, understanding, comfort

myself permission: to change, to show my feelings, to feel excited, to believe in myself totally

**Examples of Ψ Gerunds: Common Gerund groups from my client's files continued**

**HAVING**

fun, warmth, support, relief, excitement, tenderness

**HEALING**

myself, my emotions, my pain, my symptoms, my inner being, my spirit

**HOLDING on to**

shame, guilt, pain, resentment, anger, torment

**INTEGRATING**

joy into my life, success into my life, peace into my life, excitement into my life

my life into my life, my intuition into my life, my sensitivity into my life, my instincts into my life

**JUDGING**

others, myself

**KNOWING**

my choices, my karma, my fears, my weaknesses, my blocks, my vulnerability

sympathy, kindness, joy, contentment, bliss, ecstasy

my potential, my dreams, my essence, my strengths

**LEARNING**

to be grounded, to be effective, to accept change, to value myself

**LEAVING**

the past behind, the pain behind, the hurt behind, the anger behind

**LETTING**

myself: do what I want to do, do what I need to do, do what I have to do, be myself

myself be: carefree, happy, fun to be with, dynamic, excited, joyful

**LETTING go of:**

guilt, fear, shame, hurt, pain, anxiety, anger, disappointment, obsession, grief

Susan, James, the past

my fear, my disappointment, my despair, my false hopes

hurt, rejection, inhibitions, stress

**LIVING**

my beliefs, my life, in the now

**LOVING**

myself, my family, my friends, life, my job

people I look up to, people who love me, people who expect me to love them

**Examples of Ψ Gerunds: Common Gerund groups from my client's files continued**

**MANAGING**

my finances, my resources, my talents, myself, my studies

**MISSING**

my family, my home, my friends

direction, support, stimulation, fulfillment

**NEEDING**

stability, approval, success, admiration, popularity, freedom

validation, appreciation, encouragement, choices, self-confidence

optimism, motivation, understanding, increased vitality

values, forgiveness, trust, hope, security, affection, to be loved

**NURTURING**

my fears, my anger, my distress, my resentment, my despair

my needs, my hopes, my desires, myself

**OVERCOMING**

despair, failure, distress, powerlessness

my fears, my blockages, my inhibitions, my failures

**OVER REACTING to**

criticism, failure, loss, disappointment

**PREPARING to**

change, let go, move forward, trust in myself, make commitments, stand up for myself

**PROTECTING**

my energy, my body, my needs, my emotions, my sexuality, my spirituality

my being, my essence, my spirit, my family, myself

**RADIATING**

peace, contentment, vitality, happiness, purity

**REVITALISING**

my life, my body, my determination, my memory, my sexuality

**REWARDING myself**

when I am tender, when I am patient, when I am calm, when I am hard working, when I do the 'right' thing

**SANCTIFYING**

my needs, my goals, my dreams, my spirituality, my sexuality, my desires

**Examples of Ψ Gerunds: Common Gerund groups from my client's files continued**

**SAYING**

no, thank-you, I'm sorry, I've loved you, good-bye

**SHARING**

my doubts, my fears, my needs, myself

**STAYING**

strong, fit, healthy, alive, attractive, desired, vital, sexually fulfilled, young, sensitive, successful  
motivated, enthusiastic, positive, successful, grounded, focused, dispassionate, compassionate  
positive, relaxed, contented, happy, tender, loving, committed, enthusiastic, motivated

**THINKING that I must**

feel grateful, be grateful, look grateful, seem grateful, appear grateful, act grateful, become grateful  
accept change, move on, forgive, rise above the challenges, grapple with success, live in the now

**TOLERATING**

criticism, pain, rejection, loneliness

**TRANSCENDING**

my pain, my grief, my worries, my disappointments  
my lack of self confidence, my lack of self esteem, self criticism, put downs  
fear of the menopause, ageing, my disabilities, my shortcomings

**TRUSTING**

freedom, love, contentment, intimacy, others / men / women  
my feelings, my mind, myself, others  
the universe, the spirit world, God  
my judgment, my strength, my power, my integrity, my future  
my optimism, my intuition, my knowledge, my energy

**UNBLOCKING**

my emotions, my feelings, my anger, my grief  
my potential, my innate goodness, my talents, forgiveness, contentment

**UNDERSTANDING**

my choices, my reactions, my strengths, my weaknesses, my experiences, my behaviour, my hopes  
myself, my talents, my life, my lot, others / men / women  
what I am, who I am, what I want to become, who I want to become  
the universe, the gift of life, the gift of everlasting life

**Examples of Ψ Gerunds: Common Gerund groups from my client's files continued**

**VOICING**

my concerns, my opinions, my resentment, criticism

**WALLOWING in**

grief, pain, disappointment, despair

**WANTING**

freedom, respect, understanding, support

respite, solace, healing, protection

perfection, happiness, contentment, peace, security, strength, popularity, stability

**WITHDRAWING from**

life, the family, the pain, the hurt, the now

**YEARNING FOR**

new experiences, excitement, love, ecstasy

consolation, understanding, sympathy, stability, support, contentment

companionship, intimacy, forgiveness, satisfaction

**Your personal notes:**

**Examples of Ψ Gerunds: Common Gerund groups from my client's files continued**

Examples of Ψ CG / DT where **all the topics** are **ADVERBS** – Lists WM p 19

**THINKING:** logically, cheerfully, negatively, positively

**LOVING:** appropriately, unconditionally, wisely, patiently, meaningfully, harmoniously, passionately

**ACCEPTING:** gratefully, freely, completely, lovingly

**TEACHING:** confidently, successfully, honestly, steadfastly, forbearingly

**WORKING:** independently, honestly

**HEALING:** effectively, compassionately, lovingly, repeatedly

**WEEPING:** openly, freely, brokenheartedly

**FORGIVING:** completely, lovingly, repeatedly, unconditionally

**CARING:** unconditionally, continuously, appropriately, passionately

**CHANGING:** appropriately, completely, openly, decisively

**GRIEVING:** appropriately, continuously, freely, healingly

**EVALUATING:** wisely, successfully, knowingly, lovingly

**LISTENING:** carefully, attentively, patiently, compassionately, approvingly

**ATONING:** completely, fearlessly, cheerfully

**BLOCKING:** continuously, completely, constantly, openly

**FOCUSING:** effectively, hard, successfully

**SHARING:** gladly, joyfully, fully, freely, wisely

**SURRENDERING:** lovingly, cheerfully, wisely, confidently, openly

**TRUSTING:** wholeheartedly, fully, fearlessly, confidently, unconditionally, wisely

**GAMBLING:** unsuccessfully, addictedly, continuously, fearfully

**Adverbs modify verbs or other adverbs.**

#### PSYCHOLOGICAL GERUNDS continued

##### Ψ DIFFERENT GERUND / COMMON TOPIC

notated as **Ψ G: DG/CT** – the topic is **the same for every item** in the group

##### Table of Procedure Ann's Health Kinesiology Working Manual page 44

Can be any number in the group but 4, 5, 6, 7, 8 are the most common, while even a group of 1 is possible.

In most cases the items need to be grammatically correct, so it is ok if the word changes slightly e.g.

- Contemplating <b>freedom</b>	or	- Experiencing <b>confidence</b>
- Choosing <b>freedom</b>		- Feeling <b>confident</b>
- Needing <b>freedom</b>		- Being <b>confident</b>
- Feeling <b>free</b>		

**Ψ DIFFERENT GERUND / COMMON TOPIC (SINGLE CONCEPT)** examples from my client files

Although I have displayed these examples for each group in a single line in order **to learn the energy** of these groups you must **say each gerund with the common topic – e.g.**

Rejecting, Knowing, Feeling, Letting go of: **hurt** becomes

- Rejecting      **HURT**
- Knowing
- Feeling
- Letting go of:

Feeling / understanding / freeing / accepting: **PAIN**

Protecting / accepting / trusting / owning / purifying / feeling good about: **MY ENTIRE BODY**

Experiencing **SELF-CONFIDENCE** / feeling **SELF-CONFIDENT**

Choosing / experiencing / accepting / appreciating: **LIFE**

Wanting / knowing I can handle / accepting: **FREEDOM** / trusting I can stay **FREE**

Accepting / recognizing / understanding / letting go of: **MY DISAPPOINTMENTS**

Relating to / acknowledging / trusting / respecting / appreciating / helping: **OTHER PEOPLE**

Blocking / unblocking / controlling / changing: **MY ENERGY**

Having / believing in / trusting in / yearning for: **A WONDERFUL FUTURE**

Recognizing / conquering / changing: **UNFEMININE BEHAVIOUR** / being **UNFEMININE**

Receiving / handling / transforming / releasing / attracting / sifting / absorbing: **ENERGIES**

Allowing / accepting / experiencing / offering / seeking / releasing: **FORGIVENESS**

Being / feeling / looking / staying: **GRACEFUL**

#### PSYCHOLOGICAL GERUNDS continued

**Ψ GERUND: DIFFERENT GERUND / DIFFERENT TOPIC   Notate as: Ψ G: DG/DT or Ψ G/THEME**

**Ann's HK Working Manual p 45 and Lists WM (i) Gerunds pages 10/11 (ii) Concepts pages 11/25**

**This group of psychological gerunds always has an underlying theme.** The theme itself rarely appears as one of the items. You can sometimes have the same gerund appearing in more than one item within a large group but again this is rare. Can be any number in the group from 2 to 20, but groups of 4, 5, 6, 7, 8 are the most common. Each statement relates to the underlying theme. The theme is often connected to the issue, a concern, goal or work previously done.

Examples from my client files: **Ψ DIFFERENT GERUND/ DIFFERENT TOPIC – THEME**

#### ***Being a practitioner***

Accepting my gifts  
Using my power wisely  
Helping other people  
Protecting myself

#### ***Being a practitioner***

Being ethical  
Working confidently  
Enjoying my work  
Fulfilling my potential

#### ***'A' Level exams***

Working hard  
Being recognized  
Achieving success  
Feeling validated

#### ***Being a practitioner***

Working efficiently  
Trusting my wisdom  
Being effective  
Giving value for money

#### ***Having faith in myself***

Accepting there is a God  
Letting go of my karma  
Finding my own spiritual path  
Feeling blessed

#### ***Being a workaholic***

Saying no  
Taking time for myself  
Appreciating my own worth  
Allowing others to fend for themselves

#### ***Moving on my spiritual path***

Being intuitive  
Listening to my inner guidance  
Accepting I am protected  
Knowing my way

#### ***Husband leaving***

Allowing other people to take advantage of me  
Feeling unworthy  
Being degraded  
Exuding frustration

#### ***Husband's affair***

Accepting rejection  
Feeling used  
Withholding my compassion  
Sharing my thoughts  
Forgiving my husband

#### ***Running a successful business***

Dealing with criticism  
Working well with my staff  
Being the boss  
Wielding my power wisely

#### ***Knowing peace and satisfaction***

Making time for myself  
Allowing myself to have fun  
Rewarding myself

## PSYCHOLOGICAL GERUNDS continued

### Ψ GERUND: EXPERIENTIAL

#### Lists Working Manual - Gerunds pages 10/11

For this group, **the stress** is 'in the experience of the gerund' (experience of, pertaining to, or derived from experience or observation) **Each item is just a gerund** and they tend to be small groups of 1, 2, or 3.

- Surrendering
- Accepting

#### Procedure for Ψ GERUND/EXPERIENTIAL

- **Ask**, "For this group of Ψ experiential gerunds at least one item?" ↑ "At least two items?" ↑ etc.
- **Ask**, "For this group of Ψ experiential gerunds we're holding .....?" (i) Find Reflex/es (ii) Find Element/s.
- Now you are ready to identify your gerunds.
- TL as you find the gerund. ↓
- Hold the points while client thinks the item. TL as you finish each item ↑ **Ask**, "Is this item robust?" ↑
- When the group is complete **ask**, "Is this group of Ψ experiential gerunds robust and complete?" ↑

## PSYCHOLOGICAL BEING / NOT BEING

Dr. Scott says it is a classic example of 'Be dammed if we do and be dammed if we don't'

Notate as **Ψ B/NB - Table of Procedure Ann's HK WM page 46 and Lists WM Concepts pages 11 - 25**

In the multiple groups, we are looking for a psychological opposite/s of the key topic for each individual client. So, find the key topic and then ask the client for their psychological opposite/s.

In the example below of the standard Ψ B/NB I asked the client to consider 'Where she was at when she was not being hostile'. She came up with some topics and we tested to find the exact word we needed for the first of the psychological opposites. Then I tested to see if any of the others she had suggested were correct and they tested ↓ so I asked her how else did she feel when she was glamorous and she provided the confident. Asking the client to be involved in finding the topics to such a degree allows them to connect at a very deep level with these Ψ B/NB.

- The Being/ Not Being psychological structure indicates a 'stuck' situation - whichever way we move we become stressed - so we yo-yo back and forth without achieving a point of balance.
- The Being/ Not Being x4 has us stuck in a double bind where the tension between the opposites pulls us in 4 different directions at once.
- The Being/ Not Being x6 has us stuck in a triple bind where we are being torn in 6 different directions.
- The Being/ Not Being/ Being Not creates a tension in 3 different directions at the same time.

The Being/ Not Being groups of psychological corrections can help people move forward dramatically, leaving stressful situations behind them and finding it easier to change and adapt.

**Ψ BEING/NOT BEING continued**

**REMEMBER WE ARE ALWAYS GIVING PEOPLE A CHOICE TO CHANGE**

**Standard groups of Ψ BEING/NOT BEING – There are 3 possibilities:**

**(1) When 2 items: 2 items = 1 topic**

Being hostile  
Not being hostile

**(2) When 4 items: 4 items = 2 topics** where the 2<sup>nd</sup> topic is a Ψ opposite of first.

Being hostile  
Not Being hostile  
Being glamorous  
Not Being glamorous.

**(3) When 6 items: 6 items = 3 topics** where the 2<sup>nd</sup> and 3<sup>rd</sup> topics are Ψ opposites of first

Being hostile  
Not Being hostile  
Being glamorous  
Not Being glamorous  
Being confident  
Not Being confident

**STANDARD PSYCHOLOGICAL BEING / NOT BEING examples from my client files**

Please note that although I have recorded the examples for you across in one line you set these psychological out as above

**x4 items with only 2 topics where** the second topic is a psychological opposite of the first topic

Being together / Not Being together	Being controlled / Not Being controlled
Being screwed up / Not Being screwed up	Being focused / Not Being focused
Being devious / Not Being devious	Being loving / Not Being loving
Being sensitive / Not Being sensitive	Being unaware / Not Being unaware
Being useless / Not Being useless	Being together / Not Being together
Being inconsiderate / Not Being inconsiderate	Being supportive / Not Being supportive
Being restless / Not Being restless	Being focused / Not Being focused
Being strong / Not Being strong	Being nervous / Not Being nervous

**X 6 items with only 3 topics,** where the second and third topics are psychological opposites of the first

Being / Not Being <b>in control</b>	Being / Not Being <b>deserted</b>	Being / Not Being <b>lost</b>
Being / Not Being <b>tranquil</b>	Being / Not Being <b>bombastic</b>	Being / Not Being <b>distressed</b>
Being / Not Being <b>lazy</b>	Being / Not Being <b>frenetic</b>	Being / Not Being <b>outgoing</b>
Being / Not Being <b>critical</b>	Being / Not Being <b>concise</b>	Being / Not Being <b>easygoing</b>
Being / Not Being <b>empowered</b>	Being / Not Being <b>blocked</b>	Being / Not Being <b>stagnant</b>

### Ψ BEING/NOT BEING continued

#### NON-STANDARD Ψ BEING/NOT BEING notated as Ψ B/NB - 3 items = 1 topic

- Being critical
- Not Being critical
- Being Not critical

**BEING is ACTIVE ♦ NOT BEING is PASSIVE ♦ BEING NOT is ACTIVELY / intentionally not being .....**

6 items = 2 topics where the 2<sup>nd</sup> topic is a psychological opposite of the first.

- Being critical
- Not Being critical
- Being Not critical
- Being relaxed
- Not Being relaxed
- Being Not relaxed

### NON-STANDARD PSYCHOLOGICAL BEING / NOT BEING examples from my client files

#### Groups of 3 ITEMS (ONE TOPIC) = - Ψ Being / Not Being / Being Not

##### Ψ BEING / NOT BEING / BEING NOT with 3 items / one topic

Being feminine / Not Being feminine / Being Not feminine

Being scattered / Not Being scattered / Being Not scattered

Being sympathetic / Not Being sympathetic / Being Not sympathetic

Being belligerent / Not Being belligerent / Being Not belligerent

Being caring / Not Being caring / Being Not caring

Being controlled / Not Being controlled / Being Not controlled

Being intimate / Not Being intimate / Being Not intimate

Being cautious / Not Being cautious / Being Not cautious

#### Groups of 6 items (TWO TOPICS) - Ψ Being / Not Being / Being Not

Being / Not Being / Being Not **resentful**

Being / Not Being / Being Not **open**

Being / Not Being / Being Not **spiritual**

Being / Not Being / Being Not **lost**

Being / Not Being / Being Not **overbearing**

Being / Not Being / Being Not **content**

Being / Not Being / Being Not **respected**

Being / Not Being / Being Not **a dog's body**

Being / Not Being / Being Not **aware**

Being / Not Being / Being Not **discombobulated**

Being / Not Being / Being Not **connected**

Being / Not Being / Being Not **disparate**

Being / Not Being / Being Not **controlled**

Being / Not Being / Being Not **at peace**

Being / Not Being / Being Not **concise**

Being / Not Being / Being Not **empathic**

### ENERGY FLOW BALANCE: COGNITIVE – SENSORY ENERGY INTEGRATION

#### **EFB: C-SEI - THINKING PROCESSES / THINKING MODES** maybe notated as **EFB: C-SEI -TM**

These do not indicate that you cannot think, only that when you do you are stressed. When doing these Thinking Modes, it is important that the task to activate the required thinking skill is not a psychologically stressful. Since thinking is a silent process only the TL ↓ confirms that they are activating a stressful ability.

- Find how many thinking modes, usually only 1.
- Find which thinking Mode, Creative, Systematic, Evaluative, Logical, Rational, Subliminal.
- Find Reflexes and Elements.
- Give them a task to do that is not psychologically stressful. Allow them to start TL ↓ **and** Hold the points.
- When you think it is done ask, "Any further benefit in holding the points for longer? TL ↓
- "Is this EFB: Cognitive-Sensitive Energy Integration - Thinking Process / Thinking Mode robust and complete?"

#### **Some suggestions for setting up the EFB: C-SEI Thinking Processes – Thinking Modes**

##### **CREATIVE THINKING:**

The key words are **imagination** or **fantasy**, magic happens and unusual twists are welcome here.

##### **The task is to create a story.**

###### **For adults:**

It's Christmas Morning - all the presents are under the tree and everything is ready. You open your bedroom curtains and your house has moved overnight to a tropical island. The sun is shining – it's warm and the sea is lapping on the shore at the end of the garden. Carry on the story.

###### **For young children:**

You've opened your Christmas presents and found one you weren't expecting - a doll / a car that can talk to you. What happens?

###### **For girl teenagers:**

You have a windfall of £100.00 and your Mother says she will take you to the nearest shopping mall for the day. What happens?

###### **For boy teenagers:**

You have gone to a football / soccer / hockey match and your name is called out to meet the players after the game. What happens?

##### **RATIONAL THINKING**

###### **What are the reasons for or rationale behind doing things in a certain way?**

Start with end results and give reasons why we did it like that.

Interest in a car – why did you buy that particular car?

Why have you arranged your home, your kitchen, your office, your garden and your books as you have?

**EFB: C-SEI Thinking Processes – Thinking Modes continued**

**SUBLIMINAL THINKING**

**Subliminal means below or outside of conscious awareness**

**(i) Stressed if they just know things. (ii) Identify what it is and set up stress.**

**SYSTEMATIC THINKING:**

**A system is a pattern of organization where consistency is the key. The task is to arrange 'whatever' in a system to suit them.**

Suggest if money is no object -

Gardeners organise garden according to colours and heights of plants

DIYers organise tools and equipment Cooks organise a new kitchen

Girls Teenager getting ready to go out Boys Teenager organise CDs /Digital Games

Re-organise your books according to size, the colour of spines, the authors or the content

**EVALUATIVE THINKING**

**Key words are values and conclusions - here we work from known data to eventually reach a conclusion.**

**The task is come to a conclusion after considering all the options.**

If money is no object:

Which car / holiday would you buy and why?

What colours would you decorate your house in and why?

If you have 4 or 5 plays to go and see which would you choose and why?

Teens: Who is the best footballer, pop star? Which mobiles and why?

Little ones: which toys would you take on holiday if you could take some and why?

**PROBLEM THINKING**

**THIS CAN INVOLVE A COMBINATION OF ANY OR ALL THINKING MODES.**

£1000 just came through the post and you've also won a holiday for 2. How do you get away?

You've had a phone call from someone doing a health fair and they will pay £500 for you to be there in 3 weeks, how do you get there?

Give children puzzles to do.

### EFB: C-SEI Thinking Processes – Thinking Modes continued

#### LOGICAL THINKING

**CAUSE AND EFFECT** - This is thinking in which certain steps must follow others or must precede others in a precise sequence. This is often described as the essence of the left-brain hemisphere and is grounded in time and space.

The task is to set up a sequence of events where each step must be in the correct order to reach the intended conclusion. So, what is the end goal and what would be the consequences of it.

Cooks -making a cake sequence

Builder – building own house

Accountant – doing tax return

Steps involved in going from A to B

Packing to go on holiday

Mechanic – stripping down a car

Children – making a kit model

Teens – makeup, getting dressed

Little ones – getting dressed

Gardeners – planting seeds until planting out

Painter – preparing canvas

#### Your personal notes:

### The Energy Control System

#### Recap on The Energy Control System

'Energy Control System' is Dr. Scott's name for the capacity to monitor our Energy needs and is a function of the brain / body / mind.

The FUNCTIONS of the ECS are to -

- perform Energy management functions throughout the body
- regulate clear communication about Energy supply and needs for body, brain, meridians, tissues and cells
- regulate intake of Energy from environment to body such as (i) light and air, (ii) Energy distribution and (iii) Subtle Energy via the meridians
- be responsible for metabolism (working in the digestive system)
- be responsible for excretion of wastes (working with all the eliminative systems)
- to sense injury and invading viruses and bacteria
- and to release Energy back to the environment

**Almost every dysfunction of the physical body involves the ECS**

**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)

### ECS: SCAR - Works in the Energy Control System

Procedure for Scar Correction **Table of Procedure Working Manual page 48**

ECS: Scar corrections are always working with **one specific scar**. The purpose of the correction is to free up the Energy Flow of meridians through that scar area. It doesn't always eliminate the scar but that could be a bonus. It is possible that over a period of time you may do several scar corrections for the same scar. In HK, there is always a way and it maybe that the best way to deal with a specific scar that is causing the client a lot of discomfort or emotional stress (e.g. hair lip surgery scar which may still disfiguring a client's appearance) is to do a complete issue or a number of issues with that as your main focus.

The scar can be hot, red or show or hurt under certain circumstances – if necessary you need to create those circumstances while you do the correction. The scar and the area around the scar may be numb.

To create the stress pattern needed for the item to promote the healing the client must use a part of his or her own hand or hands. There can be any number of items in the group. Touch scar in specific place by specific part of a hand in a specific way i.e. left index finger tip pressed firmly to end of the exposed scar. The personal physical touch sends psychological signals through the nervous system to alert the both the physical body and the Energy System that healing is needed in this area.

Over the years I have seen some amazing healing for clients after doing scar corrections for them. In one case a client who appeared to be allergic to almost all foods suddenly found she could eat most foods after we did a scar correction for a caesarian section. This area around the scar had been numb for the previous ten years.

If adjunctive has come up in the same group of work, ask about nutrition first – could be gross diet or supplements, particularly Vitamin C and E or it may be tissue salts. Always check necessary strength of supplements and the exact dose required and if possible which brand for the client to buy.

### ECS: PHANTOM SENSATION      maybe notated as **ECS: PS**

Procedure for Phantom Sensation Correction – **done in the same way as a scar correction**

ECS: PHANTOM SENSATION is done for the discomfort and pain **for missing body parts including parts surgically removed**. In spite of the organ, limb or gland no longer being there physically, the client is still experiencing the same pain or worrying sensations as they did when physically complete. **All the items in the group will address the same missing body part**. To set up each item the stress is highlighted by the client placing either their whole hand or hands, or some part of their hand, over the area of the missing body part.

### Energy Control System continued

#### ECS: PAIN

Procedure for Pain Correction **Table of Procedure in Ann's Working Manual page 49**

Pain is always there for a reason, so what's going on behind pain? **Ask to reduce to an acceptable level but leave a little so they still have their warning system.** They will then get it sorted and dealt with.

If a client is in a lot of pain, then a good deal of the body Energy is expended just to contain the pain so that the client is able to function, albeit at a very reduced level. A pain correction where the pain is reduced to an acceptable level frees up Energy for healing. This correction may be done, with Energy Permission, out of priority at a client's request to bring them relief.

If pain is present you just hold points, but if it needs to be stimulated to be felt, you must stimulate it. Client will usually know what actually causes the pain. Use heat, cold, stretching, placing the body or limbs in a certain position to stimulate the pain needed for the correction.

Always only one item – the pain is the stressor. **For someone suffering a terminal illness, you may over a period of time do a number of ECS: Pain corrections to help them manage their pain.**

**The ENERGY CONTROL SYSTEM conducts and oversees the flow of energy into the Energy System and directs all its functions in the physical bodies**

**1. Compares** which energy it needs and where it needs it with what is available

**2. Tunes** the appropriate acu-points or other intake sites to absorb the specific energy it needs where it needs it

**3. INTAKE** - the amount of energy coming into the **MERIDIANS**

**THE VARIOUS FACTORS THAT WORK TOGETHER TO AFFECT THE WAY THE ENERGY IS FUNCTIONING AT MERIDIAN LEVEL** **4. LEVEL / 5. FLOW / 6. FLUIDITY / 7. COHERENCE**

**8. TRANSFER-OUT** of energy from the **Meridians** into the **TISSUES**

**9. INTAKE** - the amount of energy coming into the **TISSUES** that has diffused through the walls of the Meridians

**THE VARIOUS FACTORS THAT WORK TOGETHER TO AFFECT THE WAY THE ENERGY IS FUNCTIONING AT TISSUE LEVEL -**

**10. LEVEL / 11. FLOW / 12. FLUIDITY / 13. COHERENCE**

All regulated by the **ENERGY CONTROL SYSTEM** at cellular level

**14. COUPLING-IN / 15. STRENGTH / 16. COUPLING-OUT**

**17. MIND TO BODY ENERGY INTEGRATION** – how well are the CONTROL SYSTEM signals coming from the brain /mind to body being received and utilized

**18. BODY TO BRAIN ENERGY INTEGRATION** - how well is the brain/mind receiving and utilizing the CONTROL SYSTEM signals it needs from the meridians (as a part of the body)

**PSYCHO-PHYSIOLOGICAL**

Procedure for Psycho-Physiological Correction **Working Manual Table of Procedure page 47**

The **PSYCHO-PHYSIOLOGICAL** is an Energy Correction Category in its own right. These corrections work on two levels both the psychological and the physical. Notate as **Ψp**. **(i)** Always has an even number of items, with the second item a reverse of the first. **(ii)** Each item has 2 aspects and the item will not TL ↓ until both aspects are in place. Self-Touch – a physical self- touch as in Tissue Energy Balance and a Thought – usually only a single word. The hands placement often suggests what the word is otherwise work your lists.

If you are not yet confident with your finger testing and the client's hands are involved with the correction you need to use their quads to TL. So, check you can use them as an IM. Once both aspects are in place, put your hand over your navel and TL the quads with your other forearm. Like the ECS: EMF and ECS: Spin and TEB for **Ψp** the hands will often go to the seat of the pain or injury. Other common placements are – **(i)** on the head – forehead, back of head on the temples, chin, nose, mouth, vertex, **(ii)** on the torso – midline, chakras, major organs, glands, pubic bone, **(iii)** on the throat, **(iv)** joints – knees, ankles, wrists, **(v)** on the feet – top of feet and / or K 1, the ankles and **(vi)** on the chakras

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

Either **(i)** on top of (over it), **(ii)** underneath it, **(iii)** above it or **(vi)** below it.

For example, if we are working with the right hand we find where the left hand goes first and then to find where the right goes we first **ask**, "Is the right hand with the left?"

Example of how to notate on your case records –

<b>Ψ p</b>	<b>NL 5</b>	<div style="display: flex; justify-content: space-around;"> <span>LH</span> <span>RH</span> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <span>→ Over left eye</span> <span>→ Over right eye</span> </div> <div style="margin-top: 10px;"> <span>-</span> [ Think "clear"           <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <span>Reverse hands</span> </div> <div style="margin-top: 10px;"> <span>-</span> [ Think "Not clear"           </div> </div>
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<b>Ψ p</b>	<b>NV 2</b>	<div style="display: flex; justify-content: space-around;"> <span>LH</span> <span>RH</span> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <span>↓ crotch</span> <span>↑ GV21</span> </div> <div style="margin-top: 10px;"> <span>-</span> [ Think "grounded"           <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <span>Swap hands</span> </div> <div style="margin-top: 10px;"> <span>-</span> [ Think "not grounded"           </div> </div>
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**HK 3 Open Book Paper**

- 1) If the client's body chooses to work in Issues and in physical body terms what subheadings would you test to define the issue?
- 2) Name six of the major physical body systems.
- 3) Name at least five subheadings we might consider if we were defining the Issue in psychological terms.
- 4) Name the seven major chakras.
- 5) Working from the physical body out - name the subtle bodies.
- 6) Having named the issue, there are two questions we need to test to make absolutely sure we have the correct wording in the name of the Issue - state them.
- 7) List the seven main Facets we consider when setting up the corrections for an Issue.
- 8) What would be the purpose of working under the Prevention Facet within an Issue?
- 9) Give an example of an historical cause.
- 10) Give three examples of possible on-going causes.
- 11) Regardless of whether the cause is historical or on-going what are we actually addressing when we work under the Cause Facet for an issue?
- 12) Process is what keeps the problem /concern rolling along. There are three aspects we must consider each time we work under the Process Facet. Name them and discuss the relevance of each.
- 13) There are three aspects we must consider each time we work under the Repair Facet. Name them and discuss the relevance of each.
- 14) If the client's body chooses to work in Issues and in physical body terms what subheadings would you test to define the issue?
- 15) Name six of the major physical body systems.
- 16) Name at least five subheadings we might consider if we were defining the Issue in psychological terms.
- 17) Name the seven major chakras.
- 18) Working from the physical body out - name the subtle bodies.
- 19) Having named the issue, there are two questions we need to test to make absolutely sure we have the correct wording in the name of the Issue - state them.
- 20) List the seven main Facets we consider when setting up the corrections for an Issue.
- 21) What would be the purpose of working under the Prevention Facet within an Issue?
- 22) Give an example of an historical cause.
- 23) Give three examples of possible on-going causes.

### HK 3 Open Book Paper continued

- 24) Regardless of whether the cause is historical or on-going what are we actually addressing when we work under the Cause Facet for an issue?
- 25) Process is what keeps the problem /concern rolling along. There are three aspects we must consider each time we work under the Process Facet. Name them and discuss the relevance of each.
- 26) There are three aspects we must consider each time we work under the Repair Facet. Name them and discuss the relevance of each.
- 27) There are three aspects we must consider each time we work under the Blocking Facet. Name them and discuss the relevance of each.
- 28) Why might we need to work under the Symptoms Facet?
- 29) What is the relevance of working within the Other Facet?
- 30) What function does pain serve?
- 31) What do the scar and phantom sensations corrections have in common?
- 32) Name the four psychological gerund structures
- 33) What is the relationship between the topics in the psychological Being/Not Being **(i)** x 4 items and **(ii)** x 6 items?
- 34) If we have six items for the psychological Being/Not Being what are the two B/NB substructure possibilities?
- 35) What two aspects are involved for setting up psychophysiological corrections?
- 36) Once we have the first item for a psychophysiological what do we know about the second item in the pair?
- 37) What is the associated meridian for the Hamstrings?
- 38) When might you need to use the hamstrings for testing?
- 39) What is the main reason for doing ECS: Scar corrections?
- 40) Why are ECS corrections such high priority for the body?
- 41) Name three **direct** ways (using HK corrections) that we can detoxify the body
- 42) Which HK Energy Correction Factor can indirectly eliminate allergies and allow the body to detoxify
- 43) In general, the EFB corrections facilitate the process of receiving and understanding physical sensory input.
- 44) What is the specific function of EFB: C-SEI - Thinking Processes Thinking Mode corrections?
- 45) If when doing a series of sessions for a client why might you work for at least one of the sessions in Body sequence rather than an Issue?

I prepared this document in 1996 to help students training in HK with me to integrate their kinesiology knowledge. I suggest you spend time working through these questions to help you consolidate your understanding of the HK theory from HK 3

### HK 3 MANUAL

**Notation Examples prepared for this manual by Amanda Brooks HK Tutor and Practitioner July 2008.**

<b>ECF</b>	<b>Reflex</b>	<b>Element</b>	<b>Item/other Factors</b>
ECS: Pain	NV	1, 2, 3	- R knee (when squatting) 8 ↓ 3
ECS: Scar	EP	1	Appendix scar
			- R index tip on medial end light pressure
			- R index pad lateral end light pressure
			- Left index tip on the lateral end and right thumb pad on the medial end. For both apply firm pressure
ECS: PS	Sed	0	R lower leg
			- RH cupping stump of knee
			- LH cupping stump of knee
Ψ G: CG / DT Forgiving	NL	0	- Forgiving Anna
			- " Myself
			- " Others
			- " God
Ψ G: DG / CT Work	EP	0	- Focusing on work
			- Having to work
			- Enjoying work
Ψ G: Theme Love	EP	4	- Opening my heart
			- Enjoying being me
			- Experiencing warmth
			- Accepting myself
			- Being with others
Ψ G: Experiential	NL	2	- Being
			- Allowing

### HK 3 MANUAL

<b>ECF</b>	<b>Reflex</b>	<b>Element</b>	<b>Item/other Factors</b>
$\Psi$ B / NB	NL	0	- Being Happy - NB “
$\Psi$ B / NB	NL	1	- Being Accepting -NB “ - Being Defensive - NB “
$\Psi$ B / NB	NV	3	- Being Alone - NB “ - BN “
$\Psi$ B / NB	EP	0	- Being Me - NB “ - BN “ - Being Empty - NB “ - BN “
			LH                    RH
$\Psi$ p	NV	0, 2	<div style="display: flex; align-items: center; justify-content: space-between;"> <div style="flex: 1;"> <div style="display: flex; align-items: center;"> <span style="border: 1px solid black; padding: 2px;">-</span> <span style="border: 1px solid black; padding: 2px;">↑</span> <span style="border: 1px solid black; padding: 2px;">C4</span> <span style="margin-left: 10px;">on top</span> </div> <div style="margin-left: 20px;"> <span style="border: 1px solid black; padding: 2px;">↓</span> <span style="border: 1px solid black; padding: 2px;">“Loving”</span> </div> </div>   <div style="display: flex; align-items: center;"> <span style="border: 1px solid black; padding: 2px;">-</span> <span style="border: 1px solid black; padding: 2px;">↑</span> <span style="border: 1px solid black; padding: 2px;">X</span> <span style="margin-left: 10px;">“Not Loving”</span> </div> </div>
EFB: CSEI/TM Creative Thinking	NL	1,2	<div style="display: flex; align-items: center;"> <span style="border: 1px solid black; padding: 2px;">-</span> <span style="border: 1px solid black; padding: 2px;">Client continue thinking about story</span> </div> <div style="display: flex; align-items: center;"> <span style="border: 1px solid black; padding: 2px;">-</span> <span style="border: 1px solid black; padding: 2px;">Wakes up on beach in the Cayman Islands.</span> </div>
EFB: CSEI/TM Evaluative Thinking	NL	0	<div style="display: flex; align-items: center;"> <span style="border: 1px solid black; padding: 2px;">-</span> <span style="border: 1px solid black; padding: 2px;">Client think about the reasons for</span> </div> <div style="display: flex; align-items: center;"> <span style="border: 1px solid black; padding: 2px;">-</span> <span style="border: 1px solid black; padding: 2px;">Choosing a particular holiday</span> </div>

**Say,** "To initiate a healing process, help you achieve your goals and bring your energy system into harmony and balance are we defining the issue in Physical Body terms? Psychological terms? Subtle Energy terms? Spiritual terms? Other?"

Name: **Joanne Eeling**

Date: **10 / 6 / 2008**

**Issue: ENJOYING MY SPACE ON THIS EARTH**

**Including:** /

"For this issue '...' are there factors to be addressed under the '...' facet?

	<b>Energy Correction Factor</b>	<b>No Items</b>	<b>Other Factors</b>	<b>Order</b>
<b>PREVENTION</b>	<b>ECS: BBEI</b>	<b>2</b>	—	<input type="radio"/>
<b>Prevention</b> will help keep other energy disturbances from happening. E.g.: preventing compulsive eating might prevent challenge of tolerance levels and psychological feelings.				
<b>CAUSE</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>We need to address the energy disturbances because of the Causes.</b>				
<b>PROCESS</b>	<b>Ψ B / NB</b>	<b>4</b>	<b>ETF: ETM</b>	<input type="radio"/> <input type="radio"/>
<b>The process</b> is the ongoing current condition. <b>Mechanics</b> refer to the factors that must be used 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 / Denial</b>				
<b>EFFECT</b>	—	—	<b>ADJ: Rest</b>	<input type="radio"/>
<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. Could either be obvious or hidden.				
<b>REPAIR</b>	<b>SET: A/D</b>	<b>1/5</b>	—	<input type="radio"/>
Either tissue <b>repair</b> or repair of the psyche might not happen without these corrections, or it would happen very slowly. <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, e.g.: psychological before physical, or vice versa.				
<b>BLOCKING</b>	<b>Ψ G/ CG loving</b>	<b>3</b>	—	<input type="radio"/>
Can be physical (e.g.: damaged nerve <b>blocking</b> an impulse), psychological (e.g.: a fear preventing person from doing some essential task), spiritual (e.g.: belief prevents 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>	—	—	—	

**Special considerations:** —

**Have we now got all the energy information we need for this issue? Should we change the grid in any way?**

## HK 3 MANUAL

Signature of client: *Joanne Eeling*

Time taken: 1 hour 10 minutes

**Name: Sue Ican**

**Date: 12 / 6 / 08**

**ΔWIBS 3 ECF 1 Adjunctive**

Signature of client: *Sue Jan*

Time taken 50 mins

Please refer to these notation examples when you are completing your session sheets, that way you will not make mistakes. Always leave 2 lines between each entry as it makes it easier for your tutor to mark your work. These should be legible & neatly filled in.

At the end of each HK session please have the client both sign the case study records and note the time taken for the session at the bottom of the page.

- 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 particular points that must always be held for specific corrections. All other points are examples only.