

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



HK 4 MANUAL
Ann Parker



Find your Way with HK



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HK 4 Manual

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This Manual is designed to complement Dr. Jimmy Scott's HK 4 Manual to enable you, the HK student, to go away with a script and further background knowledge to ease you into working with the new protocols introduced at HK 4.



I have been an HK 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. To date I have taught 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 Brisbane, 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.

In 2007, with Dr. Scott's blessing, I had HK accredited with the Australian Kinesiology Association and after moving to NZ to live for a number of years had recognition granted as an Advanced Kinesiology by the Kinesiology Association in NZ. During my time in NZ, I started researching the Eight Extraordinary Channels and have now developed with Sandie Lovell a series of courses - Accessing the Power of the Extraordinary Channels (APEC) which we have shared with kinesiology practitioners in the UK, New Zealand and Australia.

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 and a Friend of the Kinesiology Association of New Zealand.



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

ENERGY TONING

Energy Toning Factor activities do not stress the body and so will always TL ↑.

They are done to reinforce existing Energy Pathways, or practice ideas or abilities that are not stressful for the person. They are concerned with integrating and strengthening the Energy Pathways between the subtle bodies so the information from the etheric body is fed correctly down into the physical body.

HK ENERGY TONING MOVEMENTS: See Diagrams in the Working Manual pages 62-64

These are designed to exercise the Meridian Energy Flow. The person must do them on himself/herself! They can be used to strengthen particular Meridians eg. Bladder / Kidney could be taught to someone who is experiencing incontinence problems to help them be in control while the HK Energy Corrections work through. Refer to sheet.

MERIDIAN TRACING: See Energy Toning Diagrams in the Working Manual pages 20-26

Meridian tracing through the Horary Cycle enhances and tones the Meridian Energy Flow. It gives a pleasant, re-freshing, grounding experience. Anyone can do it on you or you can do it for yourself.

LIFE TRANSFORMERS:

Life Transformers, developed by Dr. Jimmy Scott, are crystals that have been Energy modified and enhanced to permanently carry a particular psychological or energy-protective pattern. Test which one/s the client should wear.

The other need to know information

- "Where should it be worn?"
- "For how minutes /hours per day?"
- "For what period of time - counting in calendar time / activity time?"
- The cleansing routine (Some need to be cleansed daily)

REACTIVATION: Working Manual page 59

When the healing process gets 'stuck' and progress appears to be halted and no matter what you do it stays 'stuck' is the time to think of Reactivation. 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

1. What sense is involved?
2. What does the person do with it?
3. Where is the item done? When? For how many minutes at a time?
4. How many times a day/week? For how long - counting in calendar time (weeks? months?) or activity time?
5. Anything else to know about the Reactivation?

Energy Toning Factors continued

ESSENTIAL OILS: **Working Manual page 18**

Essential oils have an extremely high Energy vibration and must be used sparingly. Used within an HK session either as an aura sweep or for the client to sniff they will enhance the healing process of the client.

1. Test what you are doing with the essential oil – aura sweep or is the client sniffing it.
2. Identify the oil – usually only one but occasionally a mix of two whole-body sweep. Pay particular attention to the head, hands and feet. Check whether you then have to wash your hands or leave the EO on them so the aroma stays around for the session.

Look up what the essential oil is doing it often gives you a clue on an Energy level as to what is going on for the client. **Be careful when asking client to sniff - suggest you put a small drop on tissue.** Josie Donaldson's book 'The Psychological Aspects of Essential Oils' on the Subtle Energy qualities of the essential oils is well worth having in your library.

ADJUNCTIVE FACTORS

Adjunctive Factors are primarily concerned with the physical body and are things the person must go away and 'do' for themselves in some way to help support the physical body after Energy work as the physical body processes the Energy work and in some cases to help the client maintain their general well being on into the future. They are the client's commitment to their healing process.

DEGAUSS:

Use the alternating current of a hair dryer to temporarily diminish the effects of electro-smog or rogue electric currents on the body. Pay particular attention to the head, palms and feet.

MAGNETS:

Magnets can be worn on the body to help the healing process - use the tiny silver bullets. Dimple Side is NS. **(i)** Test where the magnet/s are to go on the body. **(ii)** Which polarity to the body? **(iii)** For how many minutes / hours per day? **(iv)** Calendar time / activity time?

WORK

What they do for a living, housework, gardening, shopping, DIY, admin, cleaning and or maintaining the car, child minding and / or charity work. As always, we are looking to obtain a balance. It is not our remit to advise them on a change of paid employment. So, if work comes up test for which type of work and then are we increasing or reducing the amount of time involved. (Retired people often need to go and get involved in some type of voluntary work in order to get them out into society again.)

Adjunctive Factors continued

PHYSICAL NURTURANCE

We all need at best loving and at least caring physical touch.

- The best type of physical touch is sharing loving sex with our partners.
- However, this type of physical nurturance is not available to everyone so having a massage or a reflexology session on a regular basis will help keep our lives in balance.

SLEEP

Several aspects to consider – quality of sleep, how much sleep is needed, time frame, where, and routine.

- **Quality** – What is interfering with good quality sleep? – Firmness of mattress, EMFs (electric or battery clock too close to sleeping bodies or external EMFs), GS (earth energies and EMF), position of bed, side they sleep on, bedding (colour, texture and design), number of pillows and ventilation.
- **How much Sleep** - What is the optimum number of hours you need? At least 7 hours?
- **Time Frame** – What is your optimum time for going to bed/sleep? Or for getting up?
- **Where** – In your bed? Chair? Sofa?
- **Routine** – Do you need to change some part of your going to bed or getting up routine? – Saying prayers, reading, watching TV, bath, shower, warm drink, and food?

REST

Where Energy work is done Rest is one of the most critical commitments clients can make to their own healing process. The best healing occurs during periods of rest. Mind switched off, eyes closed, body at rest. Usually needs to be done lying flat on their back but sometimes sitting or reclining in a chair will do. Teach clients to tap their thymus to bring the Meridians into temporary balance.

- **Ask**, "On a regular basis what is your optimum rest quotient - at least 10 minutes?" etc

Other things you might need to know about rest:

- (i) Where it is done? May be somewhere other than their bed
- (ii) If 20 minutes or more - Is it in one block or appropriate and beneficial to break into 2 periods?
- (iii) Is there a specific time of day?

LIFE TRANSFORMERS:

Life Transformers with an energy-protective pattern are worn as adjunctives. Test which one/s the client should wear. Need to know: (i) Where should it be worn? (ii) When to wear? (iii) Period of time - counting in calendar time / activity time? (iv) The cleansing routine (Some need to be cleansed daily)

Adjunctive Factors continued

PLAY/LAUGHTER

Healing endorphins are released within the body by play. These same endorphins can be released by deep belly laughter. The need to know about Play:

- (i) How often – very day? Every other day? Once a week? etc?
- (ii) Counting in minutes? What overall period of time?
- (iii) Alone – Watch a video or play that will appeal to their sense of humour? Listen to a laughing tape?
- (iv) With other people or an animal?

Maybe organize to get together with friends every so often for a games night?

MENTAL STIMULATION

It is important that we keep our mental faculties sharp – **use it or lose it!**

- It could be simply either studying or reading specific information about various religions, Energy, engineering or adventurous feats or whatever.
- Crosswords, puzzles and jigsaw could come under this category.
- Frequency - How many times per month more than you are already doing?

EXERCISE – Taught in more detail in HK 5

The three basic types are **aerobic, strength building and bending and stretching.**

Aerobic includes fast walking, running, cycling, skipping, dancing, rebounding and swimming

Strength building includes weight training

Bending and Stretching includes yoga and specific exercises to stretch particular muscles

- What is the optimum regime of exercise – one specific type or a mix?
- Some particular type to exclude or decrease/ add or increase?
- Duration in one session?
- How many sessions per week?
- Intensity?

RELAXATION

This is something that switches us off from our everyday world. It is either done with people or animals we enjoy being with or alone.

- Going out for a special meal/ to the movies, a play, a concert, the ballet/ doing a puzzle, jigsaw or crossword all qualify as relaxation.
- Frequency - How many times per month more than you are already doing?
- Who with?

NUTRITION Working Manual page 42

Gross diet ● Fluid intake ● Nutritional supplements ● Tissue (Cell) Salts

Ψ CONCEPT/EXPERIENCE

When doing the psychological structure Concept / Experience it is important to test out the various meanings of the concept and record them so you can repeat them to the client during the correction.

Examples from my client files:

X 2 items	<p>(1) - Concept: grace – attractiveness / charm / an elegance of proportions / ease and movement / pleasing qualities</p> <p>- Me experiencing gracefulness</p> <p>(2) - Concept: communication - the imparting, conveying or exchanging ideas, knowledge / to give or share with another or others</p> <p>- Me experiencing communicating (my ideas, feelings, emotions)</p> <p>(3) - Concept: compassion - to commiserate with another's distress / to pity / to express and feel sympathy</p> <p>- Me experiencing compassion</p>
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X 3 items	<p>For groups of three the second item for each concept could be Others, People, Men, Women or a general category of people – golfers, churchgoers, athletes, musicians etc.</p> <p>(1) - Concept: grief - deep, violent sorrow caused by loss or trouble / hardship / injury / complaint / mental pain</p> <p>- Others experiencing grief</p> <p>- Me experiencing grief</p> <p>(2) - Concept: Honour - to pay worthy respect to/ hold in high esteem / to treat with reverence / to venerate / to do obeisance or homage / to pay on time a debt</p> <p>- Others experiencing being honourable</p> <p>- Me experiencing being honourable</p> <p>(3) - Concept: Separation - the action of separating oneself, withdrawing or parting company / set asunder / cessation of marital co-habitation either by mutual consent of both parties or by judicial decree</p> <p>- Others experiencing separation</p> <p>- Me experiencing separation (from loved ones)</p>
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If you have a group of 6 items then you are looking for two concepts that will either be antonyms or synonyms and the pattern will follow through

Concept / Experience continued

Concept/ Others/ Me	<p>1) - Concept: intimacy - a closeness of observation, familiarity / sharing one's deep inner feelings and thoughts with another</p> <p>- Couples experiencing intimacy</p> <p>- Me experiencing intimacy</p> <p>(2) - Concept: Separation -the action of withdrawing or parting company / to put apart one or more persons / set cessation of marital co-habitation either by mutual consent of both parties or by judicial decree</p> <p>- Couples experiencing separation</p> <p>- Me experiencing separation from my partner</p>
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Ψ NV 'I' Items

Many of the 'verbs' used in constructing NV "I" items are MODALS. **Modals are used to express the mood of another verb.** The verbs we use as 'HK modals' are – am (verb to be), can (also an auxiliary verb), could, do (regular or auxiliary verb), might, must, need (also a regular verb), ought, shall (also an auxiliary verb), should, want (regular verb), would.

The items all follow a set pattern and only the modal changes within the group of items.

I modal verb ♦ I modal verb object

Find the verb or verb object and then you just work the list of modals to complete the items. I suggest you learn these modals off by heart and then you can test through the list in your head quickly to find the items.

AM, CAN, COULD, DO, MIGHT, MUST, NEED, OUGHT, SHALL, SHOULD, WANT, WILL, WOULD

These groups of psychological have **an integration phase using Choline**. Check the Choline on CV 6 and TL TW 21 – looking for a ↑. If ↑, leave on CV 6 while you complete the integration phase. If ↓, do not give the client the Choline. Instead hold the Energy vibration of Choline mentally while doing the integration phase described below so you think 'Choline' in between repeatedly thinking the item with the client.

Client places hands in a tent – finger pad to finger pad, keeps their eyes open and they think "It's ok that 'repeating the item'" just done. You do the same resting your elbows on the couch and touching into the client.

Ψ NV 'I' Items continued

‘Choline is a water-soluble nutrient. It is usually grouped within the B-complex vitamins. Choline and its metabolites are needed for three main physiological purposes: structural integrity and signalling roles for cell membranes, cholinergic neurotransmission (acetylcholine synthesis), and a major source for methyl groups via its metabolite, trimethylglycine (betaine) that participates in the S-adenosylmethionine synthesis pathway.’ Wikipedia

I can stand up for myself
I must stand up for myself
I will stand up for myself
I am standing up for myself

I can care for others
I will care for others
I should care for others
I am caring for others

I must be respected
I need to be respected
I shall be respected
I am respected
I won't be respected

I want to be successful
I need to be successful
I ought to be successful
I shall be successful

I want understanding
I need understanding
I must have understanding
I am understanding

I don't suffer fools gladly
I won't suffer fools gladly
I must suffer fools gladly

I must express my feelings
I need to express my feelings
I should express my feelings
I will to express my feelings

I must find the strength to forgive
I need to find the strength to forgive
I will find the strength to forgive

I am capable of being decisive
I need to be decisive
I shall be decisive

I can heal
I will heal
I must heal
I am healing

I can act stupidly
I won't act stupidly
I am acting stupidly
I might act stupidly
I can act responsibly
I won't act responsibly
I am acting responsibly
I might act responsibly

I can enjoy myself
I want to enjoy myself
I could enjoy myself
I shall enjoy myself

I must have attention
I need attention
I can have attention

Your personal notes and examples:

THE ENERGY CONTROL SYSTEM

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

a) the nervous system

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

and b) the electromagnetic system

The electro-magnetic control system regulates the energies of the vital organs (the Chinese Five Elements), controls the uptake of Energy through the acu-points, senses injuries and stimulates a healing response, controls the secretions from the pituitary and pineal glands, powers the immune system and operates through the acupuncture Meridians and their vital points.

Disturbances in the ECS can result in one or more of the following –

- (i)** Impaired healing of wounds and injuries,
- (ii)** Impaired intellectual functioning,
- (iii)** Needless pain and sometimes phantom sensations,
- (iv)** interfere with the body's ability to properly use nutrients to nourish the cells or
- (v)** interfere with the body's ability to properly excrete waste products from the cells.

Almost every dysfunction in the physical body involves the Energy Control System.

ECS: COMBINED SYNERGETIC EXPRESSION

Table of Procedure in the Working Manual page 52

This Energy Control System was developed by Vivien Klein in 2009 and accepted as an HK correction by Dr. Scott. It is set up similarly to an SET but **works in the body at the metabolism level**. It also has a psychological aspect, especially when aromatic oils or vibrational essences are used. It is imperative that you check the substances required for the correction for an allergic response and if necessary tap them before continuing with the correction.

The Thymus is composed primarily of lymphocytes which, as they develop, synthesize and store DNA and the amino acids present in the thymus histones. This arrangement enables the thymus to play a highly specialized, although very significant, part in **nucleoprotein** metabolism. Nucleoproteins are any proteins that are structurally associated with nucleic acids either DNA or RNA. Typical nucleoproteins include ribosomes and nucleosomes proteins. Histones are basic protein found in the eukaryotic cell nuclei that package and order the DNA into structural units called nucleosomes.

The Energy Control System continued

ECS: ALIGNMENT

Table of Procedure in the Working Manual page 51

The **ECS: Alignment correction** is a very powerful way of doing the fine tuning once we have dealt with the major blips in the way the body is functioning. It works on several levels at the same time fine-tuning, correcting, synchronising or co-ordinating multiple Energy Circuits in the body's own electro-magnetic Energy Systems so everything works well together.

Always just one item with 4 aspects – Body Position **or** Do, Magnets, Self-Touch, Thought.

- The **Body Position** will focus the work into specific subtle bodies – Standing - Etheric & Emotional
 - ♦ Sitting - Physical & Etheric
 - ♦ Lying - From Physical Through all the Subtle Bodies
- The **Do** normally focuses Energy into some physical part of the body if breath or movement is involved. However, if the Do is curling the tongue over and placing it to the roof of the mouth then it links up the Governing and Central Meridians for the Energy to follow in one continuous loop and on a physical level it also stimulates the pineal gland.
- The **magnets** (where the position, polarity and orientation of each magnet will be critical) discharge abnormal electric currents and normalise the electrical activity within the body
- The **Self-Touch** will release Energy blockages within the tissue area under the hands and allow Energy to return to normal flow through the tissue area. This allows nutrients to be absorbed or toxins to be released.
- The **Thought** will release stagnant Energy blocked in the Meridians and from cell memory.

Your personal notes:

INTRODUCING TWO NEW ENERGY FLOWS – Combination and Special Points

Very occasionally, from now on, for both regular HK Energy Correction Factors and the new P/OM corrections we need to use special specific circuits - Combination Points or Special Points.

Cosbats cannot be used for these two new Energy Flows you must hold the points.

Now you are aware of the two new Energy Flows when you are testing for the Points first ask, "Are we using regular reflex circuits?" If ↑, test through the regular Energy Flows. Ask, "NL?" "NV?" "EP?" "Sedation?" "Activation?" If ↓, to the Regular Flows then your next options are Combination Points and Special Points. Ask, "Are we holding Combination Points?" ↑ / ↓ "Special Points?" ↑ / ↓

Combination Points

Combination Points – Combos are a combination of Reflexes within one Element.

For Combination Points find which **Element / Meridian(s) first** you are using to retune the Energy

(1) Ask, "For the Combination Points are we holding points from the same Element?"

If ↑ Identify the Element ask, "Elements 0, 1, 2 or 3?" If ↑ ask, "0 or 1?"

e.g. if ↑ Element 0 - under Element on your sheet write on two separate lines Governing (GV), Central (CV).

Ask. "So, for Governing are we holding NL?" If ↑ jot it down. "For Central are holding NV?" If ↑ jot it down so your case work would look like this:

ECF	Reflex	Element
P/OM	Combo 0	GV NL CV NV

We can have any combination of two Reflexes* - NL/NV; NL/ACT, NL/SED; NV/EP, NV/NL, NV/ACT, NV/SED; EP/NV, EP/ACT, EP/SED; etc.

ECF	Reflex	Element	or	ECF	Reflex	Element
ΨS	Combo 2	B ACT K NL		P/OM	Combo 5	TW EP CX SED

(2) If ↓ to same Element then identify the Meridians* that you will be using

e.g. **Ask,** "Are we using a Meridian from Element 0?" ↓ "Element 1?" ↓ "Element 2?" ↓ "Element 3?" ↓ "Element 4?" ↑ "Stomach?" ↓ **Say,** "So it is Spleen?" ↑ "Element 5?" ↓ **Say,** "So it is Element 6?" ↑ "Small Intestine?" ↓ **Say,** "So it is Heart?" ↑ Record Spleen and Heart in Element column and then identify which Reflexes you will be holding.

ECF	Reflex	Element
ΨI Feel / I Am Combo		Spleen NL Heart EP

*could possibly be more than 2

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Special Points

Special points (SP) are specific acu-points from any Element held bilaterally for Elements 1 through 6 unless otherwise tested as down one side only and on the midline for Element 0.

Identify which **Element/Meridian(s)** to be held and then identify the exact point/s for each Meridian.

1. Ask, "For the Special Points are we holding points from the same Element?" ↑ If ↓ Go below to No. 2 below.

Find the Element. Ask, "Element 0, 1 or 2?" ↑ "0?" ↓ "Element 1?" ↑ **Ask,** "Are we holding just one point bilaterally for the Gall Bladder Meridian?" If ↑ (You now have two options to find the point. (i) You can trace the Meridian on a Meridian chart asking for an indicator change or (ii) You can ask through the numbers). For example - **Ask,** "Is the point on the Gall Bladder Meridian one of the End Points?" ↓ "Is it between 1 and 22?" ↓ "Between 21 and 34?" ↓ "Between 33 and 39?" ↑ "Between 33 and 36?" ↓ "Is it 36?" ↓ "37?" ↑ Repeat for the Liver Meridian. "Is the point for Liver Meridian one of the End Points?" ↑ "Liv 1?" ↓ "So, it's Liv 14?" ↑

ECF	Reflex	Element
-----	--------	---------

P/OM	SP 1	GB 37	*could be holding two or more points for each Meridian
		LIV 13	although this would not be usually the case

2. Ask, "Are we using points from just one Meridian?" ↑ If ↓ Go below to Section 3.

Find Meridian. **Ask,** "Element 0?" ↓ "Element 1?" ↓ "Element 2?" ↑ "Bladder?" ↑ Now ask, "Are we holding one point only for the Bladder Meridian?" If ↓ identify how many points (in this example, two points) "Are any of the points on the Bladder Meridian one of the End Points?" ↓ Now use the Meridian Maps you were given at HK 1 or in the HK Starter Pack and just trace along the Meridian to find the point/s

ECF	Reflex	Element
-----	--------	---------

ECS: EMF	SP	B 35
		B 61

3. "So we are holding points from a mix of Meridians from different Elements?" ↑ (Not common but possible) Identify Meridians and work out as in previous examples.

ECF	Reflex	Element	ECF	Reflex	Element
-----	--------	---------	-----	--------	---------

ΨS	SP	C V 24	TEB	SP	CV 18
		K 10			H 1

Liv 14 (held on left side of body only)

It is worth asking, "Is there anything else we need to know" for both Combination & Special Points Occasionally the points will just be held on one side of the body as above. To find out ask, "Are these points to be held bilaterally?" ↑ If ↓ identify whether you are holding them on the left or right side of the body.

11

Points Operation Matrix (P/OM)

Table of Procedure in Working Manual page 53

- You would rarely do a P/OM correction in the first, second or even third visits unless the client has already had lots of energy work from another practitioner.
- P/OMs work to fill in a gap in the client's Energy. We may not know where it is working.
- Usually only one item but can be any number of aspects, if there are two items the second will be a reverse of the first. All the obvious reverses happen – magnets flip polarity, hands interchange

Cognition	Self Touch	Do	Body Position	Traditional Sensory	Additional Sensory	Other
Word	Hand	Breath	Lying	Audition	Magnets	Time of day
Feeling	Feet	Singing	Sitting	Cutaneous	Gizmo	Time of month
Visualizing	Limbs	Laughing	Standing	Olfaction	Flower Essences	Place
Remembering	Fingers	Crying	Squatting	Gustation	Crystals	Candles
Understanding	Body part	Speaking	Balanced on one leg	Vision	Crystal Essences	People in / out
Experiencing		Reciting	Arms out	Light	Homeopathy	Animals in / out
Imagining		Eyes closed	Hands open	Dark	Woods	Plants in / out
		Movement	Hands closed		Herbs	Pictures in / out
					Foods	Ornaments in / out

The P/OM does not TL until all aspects are in place.

P/OM	NL 2	-	<ul style="list-style-type: none"> - Flower essence – ABE Crowea on Solar Plexus - LH over Heart Chakra RH over Brow Chakra - Tissue Salt No 3 on CV 6 - 2 Magnets NS on Heart chakra SS on Brow Chakra - Touch Crown chakra with pad of right index finger - Think 'balanced'
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Although P/OM corrections usually have only one item you do occasionally get a second item. If the above P/OM had had a second item then it would have followed the pattern and looked like this.

P/OM	NL 2	-	<ul style="list-style-type: none"> - Flower essence – ABE Crowea on Solar Plexus - RH over Heart Chakra LH over Brow Chakra - Tissue Salt No 3 on CV6 - 2 Magnets SS on Heart chakra NS on Brow Chakra - Touch Crown chakra with pad of right index finger - Think "not balanced"
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VIBRATION CORRECTION

Table of Procedure in the Working Manual page 59

All vibrational TOOLS (Essences, Homoeopathy, Colour, Sound and Essential Oils) send a specific Energy pattern or vibrational image into the physical body to connect with the crystalline structures within the body. This correction helps to clear emotional stress that has become locked into the cell memory and is 'polluting' the emotional and mental bodies.

- If you are using essences a number of essences are placed together on CV 6.
- If you are using colour, then you may have one or more colours placed on different areas of the body or if sound different sound (tuning forks) into different areas/acu-points of the body.
- If you are using essential oils you would rarely use more than 2 and more often just one which is either sniffed or placed on CV 6.
- If you are using a homoeopathic remedy it is most likely to go on CV 6. This is the most receptive point on the body for reading energy patterns. The patterns are instantly transmitted throughout the whole electro-magnetic system (the body and aura).

ENERGY FLOW BALANCE (EFB)

The Energy Flow Balance category of the HK Energy Correction Factors balances the flow of energy through both the physical body and the Energy System. In EFB: Sensory Energy Function corrections we are addressing the stress along the sensory pathway as the sensory information comes from the environment through the sense organ along the sensory pathway to the brain. The External sensory functions provide us with information from the external environment. The senses are Vision, Audition, Cutaneous, Olfaction, Gustation, Vibration and Magnetic.

We also have important internal sensory functions. These allow the correct transmission of information to the brain from feedback signals originating within the body. This category of corrections can include feedback about hormones, blood pressure, internal chemical balance, metabolism, peristalsis, respiration, and cell mitosis. The body also needs constant feedback about its orientation in space, vestibular function and spatial awareness. The physical body needs constant feedback for our bodies to function optimally.

EFB corrections facilitate (i) the processes of receiving and understanding physical sensory input (ii) the smooth flow of Energy from the physical body out through the rest of the Energy System and (iii) the smooth flow of Energy through the physical tissues and organs.

ENERGY FLOW BALANCE: SENSORY ENERGY FUNCTION (SEF)

EFB: SEF deal with an Energy disturbance along the sensory pathway as stimulus coming from the environment is taken up by the appropriate sense organ and transmitted along the sensory pathway to the brain.

For all EFB: SEF we usually hold NVs so ask about them first.

EXTERNAL SENSES		INTERNAL SENSES
Audition – hearing Cutaneous – touch External Sensory Magnetic Gustation – taste	Olfactory – smelling Vibration Vision	Sensory Feedback Kinesthesia

When doing the EFB: Sensory Energy Functions we have **three** possibilities for setting up the correction.

(1) Simple groups

(2) Mixed Groups

(3) Combination Groups

- (1) In simple groups, all the items within the group will come from just one type e.g. all Vision items.
 (2) In Mixed groups, individual items come from different senses e.g. one from Olfaction and from Cutaneous.
 (3) In Combination groups, the individual items will have more than one aspect and the aspects come from different senses

EFB: SEF: SIMPLE NV 5 - Look up right

VISION

- Look up right then down left
- Watch a moving target i.e. pencil at 14" moving anticlockwise
- Look at blue, pink, green paper fanned out at 30 degrees
- Look at map of inner London

EFB: SEF: MIXED NV 6 - Taste sweet and sour

- Sniff rosemary
- Look at black
- Feel wet slimy rag.

EFB: SEF: COMPOUND NV 2, 3

- E Taste sweet
Look at red
Feel silk
- E Sniff fairy liquid
Client to grip their left thumb
- E Look at Mandala
Taste bitter and astringent
Listen to 'The lark ascending'

***** This COMPOUND GROUP has 3 separate items and the individual aspects would be joined by a bar

ENERGY FLOW BALANCE - SENSORY ENERGY FUNCTION

EXTERNAL STRUCTURES

Vision	Audition	Cutaneous	Olfaction	Gustation	Vibration	Magnetic
Each category has specific aspects to consider:						
Glasses? Single, Both or Alternating Eyes		Active or Passive	Check for disturbed reactions	Check for disturbed reactions		
Eye Position	Sound Source	Source	Source	Which taste?	Source	What part of the body?
Eye Movement	Sound Quality	Where to touch?	Combination	Intensity	Where applied	Which polarity of the magnet?
Near / Far *	Point of Origin	Quality of touch	Intensity	Combination	By what? / By whom?	Which ECF from the menu will correct it?
Co-ordination	Mono or Stereo	Touched by?		Sweet	Quality	
Peripheral Movement	Combinations			Sour	Intensity	
Light / Dark				Salty	Combination	
Black				Bitter		
Colour				Pungent		
Patterns				Astringent		

* 2 possibilities here - focus and convergence

INTERNAL STRUCTURES

INTERNAL SENSORY FEEDBACK	KINESTHESIA
Aspects to consider	Aspects to consider
What part of the body is involved?	Body Position
What is the stimulus?	Co-ordination
- Heat	Balance / Vestibular Function
- Cold	Orientation in Space
- Pressure	
- Ingesting a substance*	
* Check for energetic disturbed reaction first	

For all EFB: SEF we usually hold NVs so ask about them first.

EFB: SEF: VIBRATION

We feel vibration through hands, feet, bottom, our backs if lying down and our fronts if lying prone. If client has a problem with vibration, they will usually know what it is that they find unsettles them in some way. They may need to do this at home or in their car so test out the points so they can do it for themselves if you can't replicate it. (It is usually mechanical – refrigerators, washing machines, garden tools)

Energy Flow Balance: Sensory Energy Function continued

EFB: SEF: CUTANEOUS – TOUCH

ACTIVE: Client touching. Whom/ What is being touched?

PASSIVE: Client being touched. Where, by whom? What is client being touched by?

(i) Quality – firm, medium, gentle **(ii)** Type – static, stroking, tapping, poking, pulling **(iii)** Onto the bare skin?

EFB: SEF EXTERNAL SENSORY MAGNETIC

Some people have an EFB: SEF external sensory problem caused by magnetic radiation. Their Energy blows or the electrical field is disturbed when someone comes near them with a device that produces a magnetic field.

We are testing a balanced body so it is not the EMF disturbance we are picking up here. For example - a magnet brought towards their thymus might test strong for both the polarities whereas the Energy blows when the magnet has a South Seeking pole brought towards the left knee. For some clients, whichever polarity you hold, the magnet to some area of the body it will blow the Energy System.

To check if there is an EFB: SEF external sensory problem first **ask**, "Do you have is a problem with magnetic radiation?" If **↑ Ask**, "What area of the body is affected?" Test through to find. **Then ask**, "Just the NS polarity?" **↑ /↓** Then you validate by using the polarity of the magnet and bring towards the area - TLs at navel **↓**

To **correct** the EFB: SEF: External Sensory Magnetic, simply work your HK menu. (Often it will be an ECS: BBEI group)

EFB: SEF: AUDITION

What is the sound source?

- LIVING: Human, animal, bird.
- MAN-MADE: musical, mechanical.
- NATURAL: wind, waves

QUALITY – Intensity, pitch, timber, sustained, emotional (whining, soothing, joyful).

PROXIMITY - Where is the sound coming from and how close to the ear/s does it need to be to set up the stress?

MONO OR STEREO - One ear or both?

It will often be some specific person's voice in a particular mode – whining, speaking, singing etc.

Sometimes if clients are bothered by specific noises in their homes and they cannot bring a tape recording of the noise to the session then you may need to test out which points they need to hold and do a diagram or describe them so that they can do the correction at home.

Energy Flow Balance: Sensory Energy Function continued

EFB: SEF: OLFACTION Table of Procedure in the Working Manual page 56

Tend to be SMALL GROUPS of 1 OR 2. Identify smell

Usually one individual smell but can be 1 item with 2 or more smells mixed.

SMELL CAN BE **Natural** - plant, foods, animal, human, essential oils

Chemical – cosmetic, domestic, industrial, synthetic

You may need to check INTENSITY – strength of smell

ENERGY FLOW BALANCE: SEF – OLFACTION The sense of smell is 10,000 more sensitive than all the other senses. Smells travel faster to the brain than either the sight or sound senses. The sense of smell is much more accurate and sensitive than any of the other senses. The ability to smell comes from sensory cells, called Olfactory Sensory Neurons, found in a small patch of tissue very high in the nose. Those cells connect to the brain.

Each of those sensory neurons has one odour receptor – and molecules released by substances in the environment stimulate these receptors. Once the neurons detect the incoming molecules, they send messages to the limbic lobe of the brain.

The limbic lobe is a group of brain structures that is below the cortex of the brain – it includes the amygdala and the hippocampus. The limbic lobe (system of brain structures) is directly connected to the parts of the brain that control many aspects of the physical body – hormone levels, stress, memory, breathing, heart rate, and more.

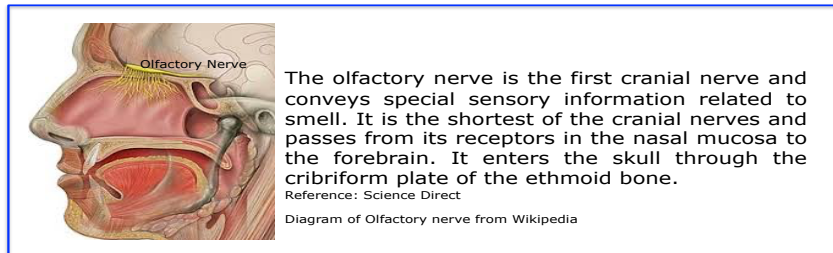
The Olfactory bulb is the most forward part of the brain, and has several layers. It helps to transmit that smell information from the nose along the olfactory nerve to the brain and is necessary for sense of smell. Hair cells are the receptors in the olfactory that are what respond to particular chemicals – humans have about 40 million olfactory receptors. These receptors react to a chemical molecules shape, size or electrical charge.

Your olfactory response then carries those signals to the brain areas that are part of the limbic system. The incoming smells can evoke a memory in a matter of milliseconds. The limbic system of your brain then influences your emotional behaviour and memory – which is part of the reason that when you smell something, you trigger memories that bring back memories that relate to that smell.

If a particular smell or combination of smells **cause a sensory energy disturbance** along this pathway it will interfere with the signals being received by the limbic lobe. This is what we are addressing with the Energy Flow Balance: Sensory Energy Function – Olfaction corrections.

Energy Flow Balance: Sensory Energy Function continued

Essential Oils and the Emotions - The right essential oil/s used in specific situations can have a profound effect on emotions – because the stimulation of hormones and chemicals can drastically affect physiology and behaviour. The 'emotional brain' can only be stimulated by smell, one of the reasons why Essential Oils can work so incredibly well. Feelings of depression, fear, anger, happiness, joy and even anxiety all originate from the limbic lobe of the brain and as a result, essential oils can help those feelings and struggles surface so that we can release them effectively.



EFB: SEF: VISION

(Individual items for the correction may need to be done with **glasses on or off**)

Rest eyes between each item with palm rest – eyes open staring ahead

EYE POSITION – Can be individual eye position i.e. straight up, straight down, looking to the left or to the right, looking obliquely up or down to the right and looking obliquely up or down to the left. (Use arrows to depict direction of gaze).

EYE MOVEMENT – Ask if movement involves above position i.e. up right then down left.

Could be individual eyes or one eye only.

NEAR/FAR – Near: usually like looking at a book or something quite near eyes.

Far could be 6 ft across room, street or something out of the window like a tree.

CO-ORDINATION following moving target, peripheral movement where you may run up and down on right or left side of client, ask how far away it should be.

PERIPHERAL MOVEMENT – Catching out of the corners of your eyes movement passing to the side/s.

LIGHT/DARK – cover client's head with a black cloth or coat etc, glasses on/off ask how many seconds

The eyes need to be covered and the same for how long uncovered

BLACK – all head and vision covered

COLOUR – order of colours and the degree of each colour if in a fan, single or combination of colours.

PATTERNS – could be numbers, prints of patterns or symbols. Mandalas often work well here.

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Energy Flow Balance: Sensory Energy Function continued

EFB: SEF: GUSTATION

Table of Procedure in the Working Manual page 57

For each item, there can be individual tastes or a combination of tastes.

SIX TASTES: If you have several possibilities for the taste check which will be the most effective

Sweet – Sugar, Honey, Maple Syrup etc. Do not use artificial sweeteners.

Sour – Lemons, Vinegar or Anything acid.

Salt – Himalayan Rock Salt or sea salt preferable but if you have a number of alternatives test which one

Bitter – Swedish Bitters, Bitter greens (Endive, Chicory), Tonic Water, Turmeric, Fenugreek.

Pungent – Spicy foods, Hot peppers, Ginger, Garlic, Cumin, Horseradish.

Astringent – Alcohol, Pomegranate, Green pear.

Umami – Broth or cooked meat (Savory taste)

- If you have a combination of tastes then you must also consider -

❖ **INTENSITY** – What proportions are you making the mix – 1:1, 1:2? etc

Each of the 6 tastes – SWEET, SOUR, SALTY, BITTER, PUNGENT and ASTRINGENT has its own qualities – light or heavy, moist or dry. These specific characteristics influence how they will affect us both right now and in the long term. Generally, tastes that are light are easier to assimilate and digest while those that are heavier use much more Energy for the digestive processes. Moist tastes lubricate the body while dry tastes taken to excess will cause dehydration.

SWEET – Elements EARTH and WATER

The immediate effect of a sweet taste on the digestion is to cool it down a bit and be mildly inhibiting. Sweet tends to be heavy and moist. When taken in moderation sweet can be both grounding and stimulate feelings of love and well-being. Taken in excess it can induce complacency and inertia.

Natural sweeteners are sugar, honey and maple syrup.

Energy Flow Balance: SEF – Gustation continued

SOUR – Elements EARTH and FIRE

Sour has a mildly warming quality and stimulates digestion. Sour has a mild sort of heaviness and moisture. Sour in moderation can convey a sense of realism on the emotional and mental levels. Taken in excess sour can promote pessimism "sour grapes". As with everything in life, balance is important – a bit of sour awakens consciousness and stimulates digestion while large amounts can cause irritation.

Lemons, vinegar and acids are examples

SALTY – Elements FIRE and WATER

While salty tastes are initially warming, its long-term effects are more moistening and grounding. Small amounts of salt are excellent for digestion. Large quantities of salt can create a waterlogged and immobile system while for some people it makes them irritated and low in Energy. **Salt stimulates the adrenals.**

BITTER – Elements AIR and ETHER

It is the coldest and lightest of the tastes and tends to be drying to the system. Bitter is an excellent balance for the heavier, moistening qualities of sweet, sour and salty. Bitter tends to be in short supply in the western diet – dark leafy greens are bitter and they can lighten and enliven a meal while providing generous amounts of Vitamin A, iron, calcium, and magnesium. Bitter can stimulate a sense of slight dissatisfaction that helps us to see things how they really are, but taken in excess, bitter brings a chilling sense of disillusionment. **Swedish bitters, tonic water and bitter green vegetables are examples.**

PUNGENT – Elements AIR and FIRE

Pungent is the hottest of all the tastes and the most stimulating to the digestion. It is light and dry. In moderation, pungent taste can get a body moving, warm it up, and get the person motivated. It can help to clear out the dross on all levels. In excess, pungency can create unreasoning anger, aggressiveness and resentment. **Spicy foods, ginger, garlic and horseradish are examples.**

ASTRINGENT – Elements AIR and EARTH

Astringent taste can have a contracting effect on the digestion slowing it down. It is light and dry in quality and has a cooling effect on the body. Small amounts are good for drying up excess emotionalism and bringing the person back to a more even keel but in excess can promote a nihilistic approach to life. **Alcohol, pomegranate, and green persimmon are examples**

Reference: 'The Ayurvedic Cookbook' by Andrea Morningstar published by Lotus Press

Energy Flow Balance: Sensory Energy Function continued

EFB: SEF: INTERNAL

Feedback signals are constantly transmitting via the Nervous System from the cells back to the brain about hormones, blood pressure, chemical balance, metabolism, peristalsis, respiration and cell reproduction. Disturbances along the nerve pathways interfere with the proper transmission of these feedback signals. Look at the chart on page 15 for further information.

ISF (INTERNAL SENSORY FEEDBACK)

1. Identify what part of the body is involved?
2. What is the stimulus?
 - Heat – use a hot water bottle. Check what degree of heat and how many layers of cloth are needed to achieve this. Do not apply directly onto bare skin.
 - Cold – use a freezer gel pack or a frozen bag of peas. Check what degree of cold and how many Layers of cloth will be needed to achieve this. Do not apply frozen packs directly onto bare skin.
 - If using pressure – Who is applying it? Often it must be the client who does the touching. Amount of pressure needed? Is the pressure static or moving about in a particular pattern?
 - Ingest a substance (vinegar, bitters) and how much. Remember to check on TW 21 with substance on CV 6 in case there is a possible energetic disturbed reaction to the substance that needs sorting first.
 - Problems with the TMJ or for people who grind their teeth could be EFB: SEF internal and having the client's open their mouths into specific positions for each item will allow the Energy to flow again and the tightness to ease.

Your personal notes:

Energy Flow Balance: Sensory Energy Function continued

EFB: SEF: KINESTHESIA

These corrections have to do with the awareness of the body in space, the position of joints and limbs, and its location in regards to its surroundings. Left / right confusion can show up here. Kinesthesia is the sensation by which bodily position, weight, muscle tension and movement is perceived.

CATEGORIES:

BODY POSITION: This involves only a limited part of the body, a particular joint or limb.

MOVEMENT: The most likely item will be something to do with the client's everyday activities – sports, music making, hobbies or work.

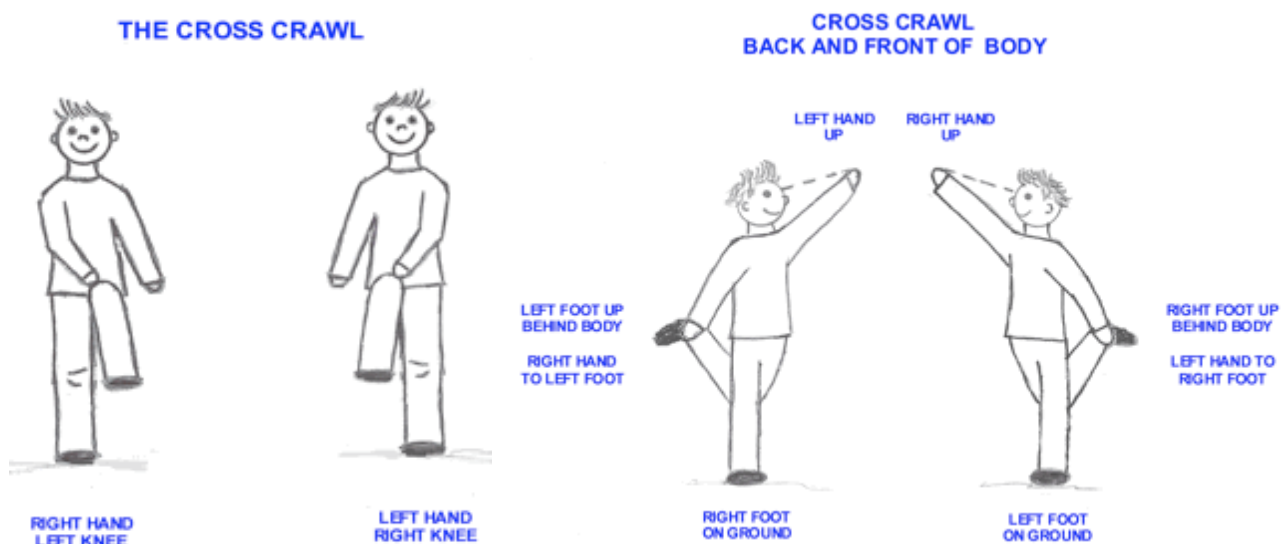
CO-ORDINATION: Patting your head, rubbing stomach. This could apply to two or more different simultaneous activities.

BALANCE: Standing on one foot. Running with eyes closed. Walk balancing objects in one or both hands.

ORIENTATION: Client often places hands in space, a certain distance and direction from the body, usually mid-torso level. Good for improving athletic performance. In particular golfers, squash and tennis players.

Simple Cross Crawl

These exercises help to integrate the two halves of the brain. They improve mental as well as physical functions.



The Balance System

The goals of the balance system are to:

1. Rapidly correct any inadvertent displacement of the centre of gravity of the body from its equilibrium position, to prevent falling
2. To provide accurate perceptions of the position of the body in its environment and ideas about the direction and speed of movement of the body
3. To control eye movements so that a clear visual image is maintained of the external world, whilst the individual, environment or both are moving

There are 3 inputs to the balance system:

1. Vision – an easy situation for the vision input is when it is not under stress e.g. fixed surroundings. Difficult situations are when there are moving surroundings or darkness
2. Proprioception – this is where the cerebellum receives nerve impulses from proprioceptors (sensory receptors) in the muscles and joints to keep us balanced. Easy situations are when an individual is standing on a fixed support-surface. An irregular moving support will be a difficult situation, such as walking on cobble stones or a sandy beach
3. Balance organ – semicircular canals. Easy situations are when the balance organs are healthy and difficulty might arise when one is in situations with unusual motion or an unhealthy balance organ

Each of the three inputs sends information to the brain to help us keep our balance. The vision and proprioception inputs are the most robust and the balance organ function is only really used when the other two are not in use or under stress in some way, e.g. walking on cobbles in the dark.

The phrase “dizziness” is quite a general term and it might be helpful to find out exactly what the symptoms are. For example:

- Vertigo – is the illusion of movement
- Unsteadiness – a tendency to veer / fall to one side or a feeling of wobbliness.
- Lightheadedness – a feeling of fainting which can usually be cardiovascular in origin
- Ataxia – clumsiness / unsteadiness

There are various tests for balance and motor control, which might be useful suggestions for the components of EFB: SEF - Kinesthesia. Some of these are:

- Standing heel to toe with arms folded and closing eyes. Watch clients so that they do not fall
- Marching on spot with eyes open and arms stretched outwards in front or with eyes closed for more difficulty.
- Walking heel to toe, looking straight ahead.
- Finger pointing. One finger held at arms-length, other finger alternately touching nose and then stationary finger.

This article was written for this manual by past HK student Elizabeth Lovell.

IMPROVING YOUR EYESIGHT

New research shows that eyesight markedly improves when people are experimentally induced to believe that they can see especially well. Their expectations actually enhanced visual clarity, rather than simply increasing alertness. The findings add to the evidence that visual perception depends not just on relaying information from your eyes to your brain, but also on experience-based assumptions about what you can see. Those expectations can lead people to ignore unusual objects and events.

Discovery News reports: "... men and women who saw a reversed eye chart -- arranged so that letters became progressively larger further down the chart ... accurately reported more letters... These results reflect people's expectation, based on experience with standard eye charts, that letters are easy to see at the top and become increasingly difficult to distinguish on lower lines ..."

Is it really possible to improve your vision simply by changing your mindset? According to research by Harvard University psychologist Ellen Langer and colleagues, it most certainly is. When people were primed to believe they had excellent eyesight, their vision improved. Likewise, when participants were told their eyesight would improve with practice, it did. The same occurred when people adopted a "try and you will succeed" mindset - they tried, and their vision successfully improved. What you have here is an awesome example of what can occur when you believe it can, and shows once again that the placebo effect is actually very real.

Proof the Placebo Effect Works

If you believe you will benefit from something, you will. And the more you focus your intention on this, the more you'll find that you can manifest nearly any result you desire. If you think this sounds simplistic or out there, consider that the placebo effect has been demonstrated in countless studies published in prestigious medical journals, and findings show placebos often work better than expensive drugs and surgeries.

How Your Mind Might Impact Your Vision

Your mind has the power to create or cure disease because your thoughts affect the expression of your genes. Epigenetics literally means "above the genes," and this new field is now beginning to explain scenarios like placebo effect and spontaneous healing, which lacked a scientific basis until now. Today's "New Biology" is overlapping with consciousness science and quantum physics, and it's showing us that we have masterful control over our own lives, including how we feel pain, depression, anxiety and even our ability to overcome diseases like cancer or improve our vision

Improving Your Eyesight continued

As Scientific American shared:

"In recent decades reports have confirmed the efficacy of various sham treatments in nearly all areas of medicine. Placebos have helped alleviate pain, depression, anxiety, Parkinson's disease, inflammatory disorders and even cancer. Placebo effects can arise not only from a conscious belief in a drug but also from subconscious associations between recovery and the experience of being treated—from the pinch of a shot to a doctor's white coat. Such subliminal conditioning can control bodily processes of which we are unaware, such as immune responses and the release of hormones."

Or, in the case of Harvard University psychologist Ellen Langer's experiment, simply helping a person believe they would see better manifested that intention into reality. Interestingly, the scenario also worked when a typical eye chart was reversed, so instead of starting out large and getting smaller, the smaller letters were on the top. The researchers wrote: "Because letters get progressively smaller on successive lines, people expect that they will be able to read the first few lines only. When participants viewed a reversed chart and a shifted chart, they were able to see letters they could not see before. Thus, mind-set manipulation can counteract physiological limits imposed on vision."

Healthy Eyes Need a Healthy Mind

Even going beyond the placebo effect, your thoughts can influence how well you see because your mind is the source of much of the stress from outside sources brought to bear upon your eyes.

Every thought of effort in your mind, of whatever sort, transmits a motor impulse to your eye, and every such impulse causes a deviation from the normal in the shape of your eyeball and lessens your foveal sensitivity. If you want to have ideal vision, therefore, you must minimize stress in your mind. Mental strain of any kind always produces conscious or unconscious eyestrain and if the strain takes the form of an effort to see, an error of refraction is always produced. Mental strain may produce many different kinds of eyestrain, but there is only one solution for all of them, namely, relaxation.

The health of your eye depends upon your blood, too, and circulation is very largely influenced by your thoughts. When your thoughts are not attended by any excitement or strain, the circulation in your brain is normal, the supply of blood to your optic nerve and your visual centres are normal, and your vision is perfect. When your thoughts are abnormal, your circulation is disturbed, the supply of blood to your optic nerve and visual centres is altered, and your vision lowered. You can consciously think thoughts that disturb your circulation and lower your visual power; you can also consciously think thoughts that will restore normal circulation and thereby improve not only all errors of refraction, but also many other abnormal conditions of your eyes.

Improving Your Eyesight continued

Relaxing Your Mind and Your Eyes is Important

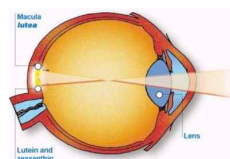
While you cannot "make" yourself see, by learning to control your thoughts you can accomplish that end indirectly. If we replace disturbing thoughts by purposely relaxing it is possible to see improvements - your squint disappears, the double vision and the errors of refraction are corrected and this is as true of abnormalities of long standing as of those produced voluntarily. In a fraction of a second the highest degrees of refractive error may be corrected, a squint may disappear, or the blindness of amblyopia (Amblyopia means that visual stimulation either fails to transmit or is poorly transmitted through the optic nerve to the brain for a continuous period of time. It often occurs during early childhood resulting in poor or dim vision. Amblyopia normally affects only one eye, but it is possible to be amblyopic in both eyes if both fail to receive good, clear visual images. Detecting the condition in early childhood increases the chance of successful treatment. While the colloquialism "lazy eye" is frequently used to refer to amblyopia, the term is inaccurate because there is no "laziness" of either the eye or the person. "Lazy brain" is a more accurate term to describe amblyopia.)

If the relaxation is only momentary, the correction is momentary. When it becomes permanent, the correction is permanent. This relaxation cannot, however, be obtained by any sort of effort. It is fundamental that you understand this; for so long as you think, consciously or unconsciously, that relief from strain may be obtained by another strain your improvement will be delayed.

That is why RELAXING your eyes and addressing the stressors that contribute to the stress are the keys to help you recover your vision. The bottom line is this: If you have vision problems, your first step to recovery is believing it is possible. The more you set your mind on this fact, and then take steps to enhance your vision naturally, the more likely it is to become a reality.

Age-related macular degeneration (AMD) is the leading cause of vision loss in people over the age of 60. While it doesn't always cause total blindness, macular degeneration slowly affects your central vision, the part that is crucial for recognizing faces and doing detailed work. At first, you may simply have blurred vision or a need for more light when you're reading. Then, straight lines may begin to appear crooked, and dark or empty spaces may begin to block your central vision, similar to a blindspot when you're driving.

How Does Macular Degeneration Begin? The macula is a small area just two millimeters wide, located in the back of your eye, in the middle portion of your retina. Your macula, which is made up of light-sensitive cells called cones and rods, is essential for central vision.



Improving Your Eyesight continued

For reasons scientists have yet to pinpoint, parts of your retina and macula become diseased. As macular degeneration progresses, tiny, fragile blood vessels that leak blood and fluid begin to develop in your retina, causing further damage. However, there is pigment in your macula that seems to act as a blue-light filter to protect your macular region against oxidation by light. In addition, this macular pigment can scavenge free radicals. If you were to regularly lightly steam two yellow-hued antioxidants found in leafy greens like spinach and kale (lutein and zeaxanthin), they are the two powerhouse antioxidants for your eyes and eating these foods daily can lower your risk of macular degeneration.

The Best Source of Lutein and Zeaxanthin

Kale and spinach	●	Turnip and collard greens	●	Romaine lettuce	●
Broccoli	●	Courgette	●	Brussels sprouts	●
				Peas	

Although these are all great sources your best source of these antioxidants is actually not on that list. There is about 0.25 mg of lutein in each egg yolk - in a highly absorbable nearly ideal form, especially if you don't cook it. Egg yolks also have zeaxanthin in an equal amount. Quite simply, the lutein in egg yolks is superior because your body more easily absorbs it. A study in the Journal of Nutrition even proved this. The researchers gave 10 volunteers different sources of lutein (spinach, eggs or one of two types of lutein supplements, each of which provided 6 mg of lutein per day) and the eggs were the best. Those who ate eggs as their lutein source had blood levels of lutein that were about three times higher than that of those who ate other lutein sources.

No matter what source you choose, the absolute key to making sure you receive the benefits of the nutrients in these foods is to consume them RAW. Once you heat spinach or eggs, the lutein and zeaxanthin become damaged - and they will not perform as well in preventing degeneration of your macula. Additionally, the accessory micronutrients in the foods that enhance their action will also be damaged. So if you want to make sure your eyes stay healthy, add a few raw egg yolks and some raw leafy greens, according to your nutritional type, to your daily diet. Finally, keep in mind that lutein is an oil-soluble nutrient. In order for your body to absorb it, you'll need to add some fat, like olive oil, butter or coconut oil, to your leafy greens.

Adapted from an article published on www.mercola.com

ENERGY TONING FACTOR

Affirmations are used to nurture a new wholesome thought-habit until it becomes firmly rooted into a viable affirming new belief or habit. They strengthen the Energy Pathway from the Causal and Mental Bodies down into the physical body. Affirmations only come up after all the underlying psychological stresses have been released through working your HK menu. Test out the affirmation word by word - 'Heal Your Body' by Louise Hay is often a good starting place. All affirmations must be said out loud with positive feelings – putting a smile as they say it can be very helpful.

- Test how many repetitions?
- How many times a day and for how long - Calendar time? or Activity time?
- Anything else you need to know about the affirmation? (Could be where it is said and / or to whom)

AFFIRMATIONS

Yes, you read that correctly, it's not a typo. Affirmations are a great tool for personal development, devised by Dr Noah St. John of the Success Clinic of America. They lend themselves particularly well to incorporating into our HK work.

Anna Orviss, an HK practitioner, came across them when she read Noah's book 'Permission to Succeed'. In his books, Noah defines an affirmation as a *statement of something you'd like to be true in your life*. As HKers, we know it should be worded positively and in the present tense. The affirmation is planted like a 'thought-seed', and you await the fruit of this seed, to blossom in your life. To continue the analogy, with HK Energy Corrections we aim to create the healthiest, most fertile conditions in the mind to accept the seed and nurture it. We also muscle test to ensure that the most appropriate and beneficial seed is chosen in the first place.

So, how can this process go awry? The reason is simply that many people doubt the very affirmations they are saying. Why? *'Because you are trying to convince yourself of something you don't believe is true.'* Consciously, we believe in the idea behind the affirmation and we say it with genuine intent. We want to create that truth in our lives. We try so hard because we want it so much. But we are battling against a lifetime of unconscious conditioning. HK can really help, but for many people the struggle still exists.

Noah St. John believes, as do many other prominent thinkers, that the mind learns by a process of questioning. An Affirmation works in a similar way to a traditional affirmation, but uses a question, rather than a statement.

Affirmations continued

There is a function of the brain which psychologists call the 'embedded presupposition factor', which works like the 'Search' function on your computer. Set the mind a question and it automatically begins to search for an answer, to prove the presupposed information in the question. Herein lies the key to the success of Affirmations: **The mind assumes (presupposes) the information in the question to be correct.**

It makes sense, therefore, to tap into this natural process, to stop telling the brain and start asking. So, ask the question 'Why am I so wealthy?' and the mind assumes you are already wealthy and begins a search for the reasons to support this reality (unconsciously). Fairly soon, your behaviour patterns start to change to support the new reality you are creating. Your thought-seed - 'Why am I so wealthy?' begins to bear fruit. Your money seems to last a little longer each month, your client list suddenly grows, and so on.

Not convinced? The bottom line is, you are already using Affirmations all the time anyway. Thoughts like 'Why am I so stupid? or 'Why can't I do anything right?' So, if we are asking questions all the time, and creating our lives out of the answers, why not begin to do it consciously, to create the life you want rather than unconsciously creating a life you don't want?

Common affirmations that come up regularly:

"What would it need to take for me to?" or

"Why do I now give myself permission to?"

Imagine the significance of planting this thought-seed in your client's mind!

Check out: "The Great Little Wellness Book of Affirmations' by Noah St. John and Denise Berard. This book another two in the same series are available from www.amazon.com Noah's website is: www.SuccessClinic.com and really is well worth a visit.

Reproduced with permission from Anna Orviss and published in the HKI newsletter October 2008.

Some examples:

- Why do I have an attitude of abundance?
- Why do banks see my value and work with me?
- Why am I a financial winner?
- Why do I spend time meditating daily?
- Why do I pray for my family and my work?
- Why do I love my body?
- Why am I so happy and comfortable in my own skin?

Further examples of Affirmations:

- Why do I see my family as truly beautiful?
- Why do I attract brilliant, motivated people to my life?
- Why are leaders attracted to me?
- Why do my family feel so loved and respected by me?
- Why do I set aside special time for me and my *partner/spouse* every week?
- Why do I always attract more than enough?
- Why do I enjoy such incredible, rich relationships with wonderful people?
- Why do I feel good taking time for myself?
- Why do I give myself permission to feel beautiful?
- Why do I treat my body only with love, respect and admiration?
- Why do I gratefully accept every good thing that comes my way today?
- Why do I see my physical limitations as only challenges and not obstacles?
- Why am I so cheerful and happy?
- Why do I enjoy the gift of each new day?
- Why do sense my loneliness transform to become a feeling of universal connectedness?
- Why did I quit worrying?

Start collecting your own examples:

GENERAL INFORMATION ON THE ENERGY CIRCUITS

Donna Eden describes the anatomy of the Energy Body as having Eight Energy Systems. In addition to the Meridians, Chakras and Subtle Bodies she writes and teaches about the Basic Grid, The Celtic Weave, The Five Rhythms, The Penetrating Flow, The Triple Warmer, Spleen and The Radiant Energy Circuits (Extraordinary Channels).

The Basic Grid is like the circuit board of a television and 'holds' or 'carries' all the other Energy Systems. If it becomes damaged by distorted Energy and / or physical trauma then it does not spontaneously repair itself and the other Energy Systems have to adjust and accommodate the damage and normal healing may not take place without some energy intervention or may manifest very, very slowly.

The Celtic Weave is formed by the body's Energy spinning, spiralling, curving, twisting and criss-crossing to form extremely beautiful patterns. This kaleidoscope of colours and shapes is maintained by the energy system which known in the East as the Tibetan Energy Ring, in yoga tradition it is the Kundalini Energy and in the West, it is seen in the Caduceus. Like an invisible thread the Celtic Weave networks throughout and around the body in spiralling figure of eight patterns.

The Five Rhythms we know as the Chinese Five Elements.

Reference: 'The Healing Power of EFT and Energy Psychology' by David Feinstein, Donna Eden and Gary Craig.

The Extraordinary Channels

The Extraordinary Channels working in combination with the Twelve Bilateral Meridians and the Secondary Channels (the Connecting, Divergent, Muscle Channels, Minute Collaterals and the Cutaneous Regions) form a large regulating and communication system for the entire physical body.

The Eight Extraordinary Channels

- Integrate, strengthen, store and regulate the circulation of Chi (Energy) and Blood in the Twelve Regular Bilateral Meridians.
- Carry the Yuan Chi – the Pre-Heaven Chi we inherit at the moment of conception.
- Regulate and balance the Yin and Yang energies primarily in the trunk and head at both deep and superficial levels.
- Divide, connect and define the body along the cardinal planes.
- Work at cellular level - the Constitutional (DNA) level.
- have an extraordinary ability to regulate the deeper energetic reservoirs of the body.

The Eight Extraordinary Channels form the blueprint and are instrumental in the unfolding of our fate and destiny. They provide a direct connection to the source where anything is possible.

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ENERGY REDIRECTION FACTORS

Table of Procedure in the Working Manual page 66

ENERGY REDIRECTION FACTORS are a Factor in their own right just like Energy Correction Factors, Energy Toning Factors and Adjunctive Factors. Although we hold points for each item the items will not TL ↓, as the item itself does not stress the body. The items **redirect existing balanced Energy** to do a specific job within the physical body, which the body is already capable of and willing to do, but might not otherwise be ready to do now. Because of this we, as practitioners, must keep an awareness of the Energy Redirection Factors and when they might be helpful to move a client on. With this in mind the ERFs may be done, with permission, out of priority. The context of the items sets up the Energy System to make the appropriate changes as a result of doing the items. Establish procedure by asking verbal questions.

The ERFs provide the body with a new control panel instructing the body to update its existing programs where appropriate. For many clients, the body / mind is so stressed that it operates in automatic mode which will often only provide minimal repairs – just enough to keep the tissue functioning while still replicating the defective form. So, the ERFs allow the sick or damaged tissues to change and heal. For some reason, even though you may have done all the energy work necessary the body has just kept replacing 'sick' cells with 'sick' cells. The ERFs give the body the impetus to change.

The Energy Redirection Factor: Focused Energy Redirection takes **existing balanced energy** and redirects it for some specific purpose. This specific procedure is not a correction as we redirecting the energy into some specific tissue area of the body to do a specific job. They do not TL ↓ as they do not stress the system. This procedure will not work if blockages of any kind are caught up in the area and so possibly may not occur within the first few groups of work that carried out on a client.

This procedure has been used successfully for tinnitus sufferers, swollen joints, surgery, physical injury and skin tags. With the tinnitus other energy work would need to have been done previously as this condition is also linked into kidney function.

ECF	REFLEX	ELEMENT	ITEM / OTHER FACTORS
-----	NV	3	ERF: FER - Focus on Left Elbow
			- cup with right hand firm pressure
			- Rt ring tip to SI 8 light pressure
			- Rt index pad to TW 10 firm pressure
ECF	REFLEX	ELEMENT	ITEM / OTHER FACTORS
-----	EP	2,6	ERF: FER - Focus on Swollen right knee
			- Placed finger tips from left hand across the knee cap
			- cup the back of the knee with light pressure
			- cup the front of the knee with firm pressure

HK 4 Open Book Paper

1. Explain the difference between Energy Correction Factors and Energy Toning Factors.
2. At what level are we working when we do the Energy Toning Movements or the Meridian Tracing?
3. Why might Reactivation come up as an Energy Toning Factor?
4. If you are setting up an ETF: Reactivation what must you consider?
5. In the Points Operation Matrix what is the difference between traditional and additional sensory input?
6. Name four other aspects we would need to consider when setting up a P/OM.
7. If the energy flow we need to hold is not one of the regular flows but Special Points – what does this mean?
8. How do we go about finding the special points?
9. What if the flow is Combination Points what does this mean?
10. When setting up an ECS: Alignment correction what 4 aspects must we always consider?
11. What are we doing in energy terms when we do an ECS: Alignment?
12. Name five key points about the function of the Energy Control System.

HK 4 Open Book Paper continued

13. How would we go about setting up an ECS: Other correction?
14. Explain the difference between Energy Correction Factors and Energy Redirection Factors.
15. What is the purpose of an ERF: Energy Reaction Transformation?
16. Give 2 differences between TEB's and ERF: FER's.
17. What is the purpose of the ERF: FER?
18. How is the cell energy affected when we place a north-seeking pole of a magnet to the body?
19. What must you check before doing either an EFB: SEF Gustation or EFB: SEF Olfaction?
20. We know that Bio-energy transports the operational commands and information to the individual cells so they can function optimally. Explain the function the following specific HK corrections Tissue Energy Balance (ii) SET Allergy/Detox (iii) ECS: Membrane Configuration (iv) ECS: Alignment
21. Where are we working in the body when we do the following corrections?
 - Psychological corrections?
 - EFB: Chakra corrections?
 - ECS: Membrane Configuration?
 - ECS: EMF?
 - ECS: EC?
 - ECS: BBEI?

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 4.

HK 4 Manual

Notation examples prepared for this manual by Amanda Brooks

ECF	Reflex	Element	Item/other Factors
ECS: Alignment	NV	1,2,3	LH RH
			- BP Sitting upright
			- 1 magnet on CV6 ss
			→ CV6 R/L
			- 'flexible'
ECS: Other	EP	1	- Do: opening and closing mouth slowly
			- 1 Magnet on CV6 ns
			- Crystal carnelian on C6
			- 'powerful'
Ψ NV I's	NV	3	- I am courageous *
			- I need to be courageous *
			- I will be courageous*
			- I must be courageous*
			* Integration phase with one drop of Choline
Ψ Concept / Experience	EP	3	- Grace – attractiveness, charm, an elegance of proportions, ease and refinement of movement, pleasing qualities
			- Me experiencing grace
Ψ Concept/Experience	EP	3	- Wisdom – capacity of judging rightly in matters relating to life and conduct, soundness of judgment in the choice of means and ends, knowledge, erudition
			- Others experiencing wisdom
			- Me experiencing wisdom
EFB: SEF: External	NV	0	- Looking ↑ then ↓ slowly
Simple Vision			- Fan of colours - pale pink, orange, yellow
			- Staring straight ahead
EFB: SEF - External	NV	4	- Fairy washing up liquid *
Simple Olfaction			- EO Myrrh
			- Anais Anais Perfume
			* Synergy Tap done but still needed to hold the points
EFB: SEF: External	NV	2	- BITTER – Swedish Bitters
Simple Gustation			- SWEET – honey *
			* Synergy Tap on taste didn't need to hold the points
EFB: SEF: External	NV	0	- Client stroking her right upper arm
Simple Cutaneous			- Client poking her right leg in an aggressive way

HK 4 Manual

ECF	Reflex	Element	Item/other Factors
EFB: SEF: External	NV	6	- Listening to dog barking
Simple Audition			- Listening to partner's voice moaning about their day
EFB: SEF: External	NL	1	- Client sitting in car with engine idling away
Simple Vibration			- Mobile phone on vibrate
EFB: SEF: External			Both NS and SS magnet towards Left Knee - TL ↓
Simple Magnetic			Corrected by:
(Correct with ECS: BBEI)	AF/FE		- Fear of being abandoned
			- Fear of being too cold
			After ECS: BBEI group both the NS and SS magnet towards Left Knee - TL ↑
EFB: SEF: External	NV	3	- Looking at pink
Mixed			- Listening to the sea
			- Smelling EO Frankincense
EFB: SEF: External	EP	0	- Looking straight ahead
Compound			- Listening to people arguing
			- Smelling a pink rose
EFB: SEF: Internal Sensory Feedback	NV	0, 2	- Firm pressure by practitioner on chest using both fists
EFB: SEF: Internal	NL	1,2	- Pat head with RH and rub tummy with LH
Kinesthesia			- Do a serving motion as in tennis
Life Transformers	NL	0	- Improving intellectual functioning
			- Coping with rejection
			- Getting unstuck
			- Healing
P/OM	Act	3	- Blinking eyes fast
			- Saying the alphabet slowly
			- Melon on CV6
			- Ticking clock by right ear
ECS: CSE	NL	5	- EO TeaTree on thymus
			- Homoeopathic Nux Vom
-	EP	2	ERF: FER Gum Boil
			- Right finger-tip on the area in the mouth with light pressure
			- Left finger-tip on the area in the mouth with medium pressure
			- Left middle finger on the area in the mouth with light pressure

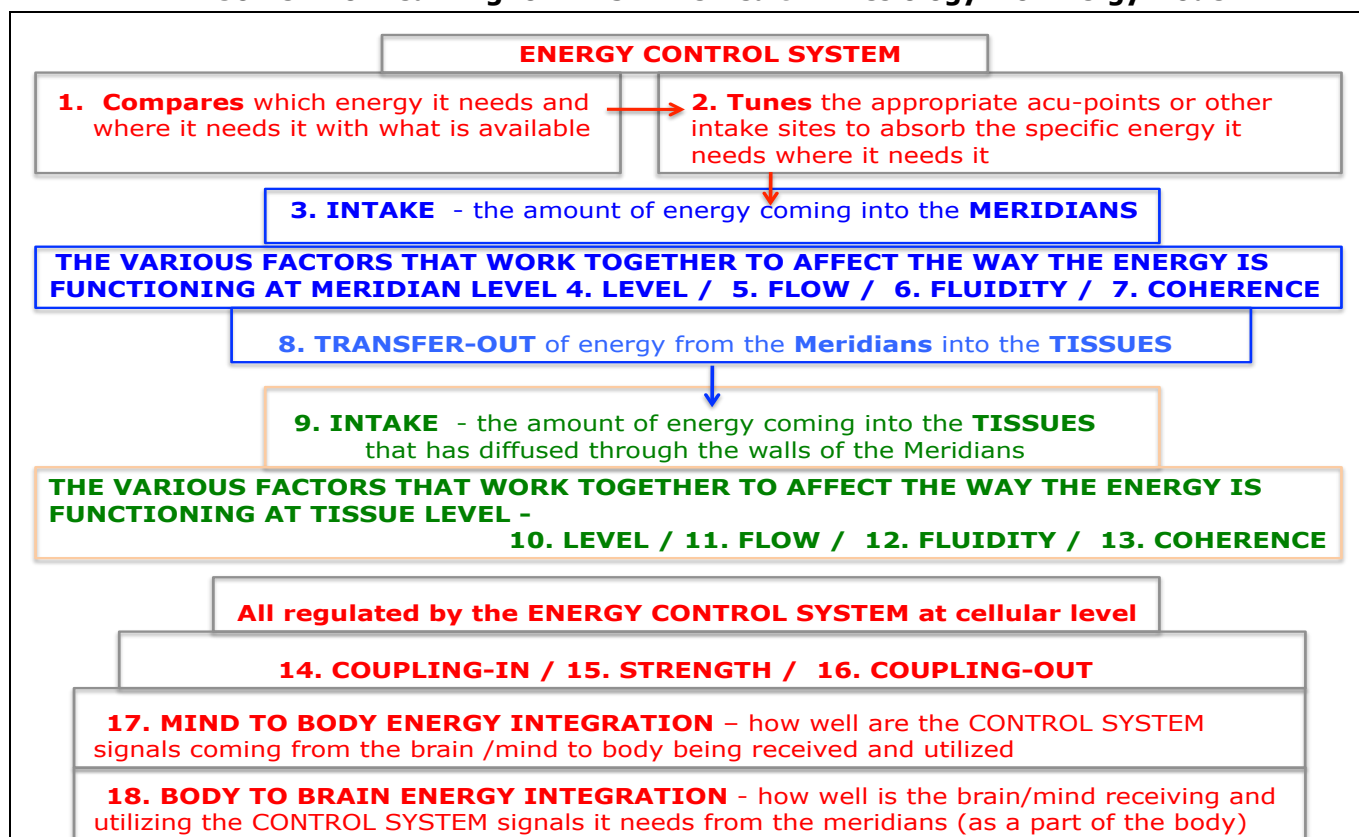
HK 4 Manual

ECF	Reflex	Element	Item/other Factors
		➔	ETF: Affirmations I am at peace with life and I feel happy deep within Repeat 4 x whilst looking in a mirror at self/ 3 x per day / 8 days
		➔	ETF: Reactivation Rolling rose quartz crystal in left hand whilst looking out at garden for 2 minutes every morning for 6 days
		➔	ETF: Life Transformers Wear 'Getting Unstuck' for 8 hours a day for 2 months
		➔	ADJ: Life Transformer
			Wear Protection from controlling energies whilst at Mother in Laws or on the phone to her

Please note:

- That the P/OM, ECS: Alignment, ECS: Other, EFB: SEF Compound and LTs do require a solid bar down the side of the dashes to indicate that all the aspects have been part of the one item.
- When working within an issue the priority order of work is numbered in the margin in circles while if working the session in Body Sequence the priority order of work is numbered in the margin in triangles.
- Points in bold indicate REPs and EEPs that must be held for the corrections. All other points are examples only

Some Prior Learning for HK 5 - The Health Kinesiology Bio-Energy Model



The Various Factors that Affect the Way the Energy Functions

Energy **LEVEL** is determined by the **INTAKE** and the **FLOW** whether in the **Meridians** or into the **tissues**.

Flow is the amount of energy flowing (i) through the **Meridian** determined by the degree of **INTAKE**, the **TRANSFER-OUT**, the **FLUIDITY**, and the **COHERENCE** of the energy and by any energy blockages or energy restrictions in the meridian or if (ii) through the **tissue** determined by the degree of **INTAKE**, the **FLUIDITY**, and the **COHERENCE** and the **out-flow** of the energy and by any energy blockages or energy restrictions in the **tissue**. The **out-flow** is determined by the **COUPLING-IN** and the **COUPLING-OUT** functions at the cellular level in the tissue.

The **FLUIDITY** is the viscosity of the energy whether in the **Meridians** or the **tissues**. Jimmy says it might be viscous and sluggish or too thin, fluid and out of control. An acupuncturist might say the energy is knotted, choppy, slippery or thin.

The **COHERENCE** is how synchronized (together) the energy is functioning or is it scattered or turbulent?

As the energy flows through the **meridian** it is **TRANSFERRED-OUT** of the **Meridian** becoming available as **tissue-energy UPTAKE**.

In the **Cellular Dynamics correction**, we met the terms – **COUPLING-IN** (How well is the Energy Control System connected to the cell it is controlling?), **STRENGTH** (How strong is the Controlling Energy at the cell?) and **COUPLING-OUT** (How well is the Energy Control signaling doing its job?)

The Health Kinesiology Bio-Energy Model continued

Using midline as the Reference Point

Control System

No. 1 – Compare CV 15 (7 cun above CV 8)

No. 2 - Tune CV 9 (one cun above CV 8)

Meridians

No. 3 – Intake St 27 (2 cun below CV 8
and 2 cun lateral from the midline)

No. 4 – Level GB 23 (5th Intercostal space
and 2 cun lateral from nipple)

No 5 – Flow St 25 (2 cun from navel)

No 6 – Fluidity K 23 (4th intercostal space and
2 cun lateral from the midline)

No 7 – Coherence K 24 (3rd intercostal space and
2 cun lateral from the midline)

No 8 – Transfer-out K 16 (½ cun lateral to navel)

Tissues

No 9 – Intake K 12 + K 13 (½ cun lateral to midline
and 4 and 3 cun below the navel)

No 10 – Level St 29 (2 cun lateral from the midline
and 4 cun below the navel)

No 11 – Flow Sp 20 (2nd intercostal space and
6 cun lateral from the midline –directly below Lu 1)

No 12 – Fluidity K 22 (5th intercostal space and
2 cun lateral from the midline)

No 13 – Coherence CV 19 (midline level with the
2nd intercostal space)

Control System

No 14 – Coupling-In K 26 (1st intercostal space and
2 cun lateral from the midline)

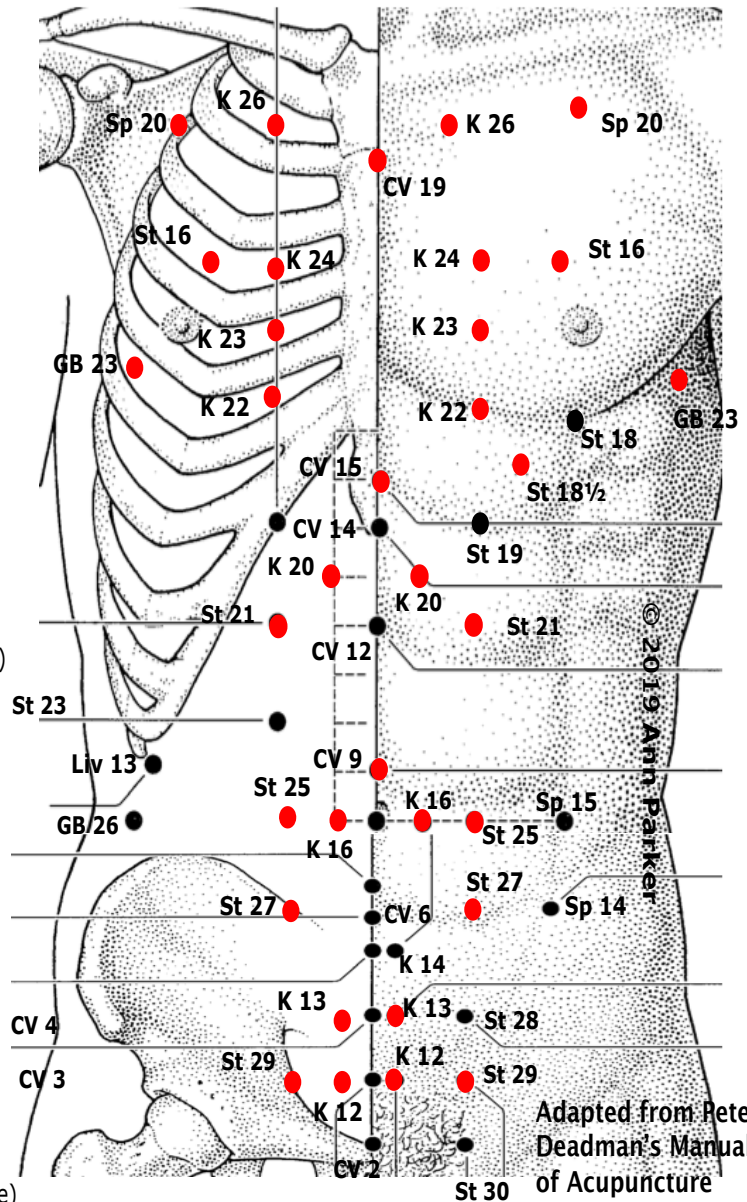
No 15 – Strength K 20 (one cun below the tip of the
xiphoid process and ½ cun lateral to the midline)

No 16 – Coupling –Out St 21 (4 cun above the
navel and 2 cun lateral from the midline)

No. 17 – Mind to Body Energy Integration

St 18½ (From the bottom of the xiphoid
process and go up one cun width and then 3 cun out
for the halfway point between St 18 and St 19)

No 18 – Body to Brain Energy Integration St 16
(3rd intercostal space and 4 cun lateral from the midline)



½ cun = 1 finger width / 1 cun = 1 thumb width / 2 cun = 3 finger widths / 3 cun = 4 slightly spread finger widths

Your personal notes:

HK 4 Manual

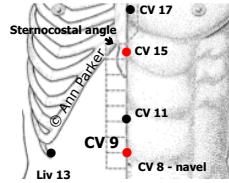
Dr. Scott's Health Kinesiology Bio-Energy Model

These energy measures are only looking at the physical and etheric bodies

No.		Measure	Location	Acu-Point	TCM Function of the Point
1.	C	Compare	Control System	CV 15	Luo Point for Central Vessel
2.	T	Tune		CV 9	Regulates Chi

1. - CV 15 = Compare is on the ziphoid process whereas CV 14 is just below the tip of the ziphoid

2. - CV 9 = Tunes is one cun or one thumb width up from the navel



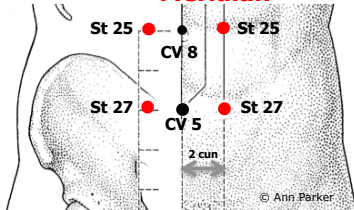
Control System

No. 1 - CV 15 (Turtle Tail) The Energy System **COMPARES** what energy it needs with what is available

No. 2 - CV 9 (Water Separation) The Energy System then **TUNES** the appropriate acu-points or other intake sites (chakras) to absorb the energy it needs, where it needs it

3.	I-M	Intake	Meridian Level	St 27	Regulates Chi and benefits the kidneys
4.	L-M	Level		GB 23	Regulates Chi
5.	FW-M	Flow		St 25	Mu Point for the Large Intestine- regulates the Chi and Blood
6.	FL-M	Fluidity		K 23	Regulates both Lung and Stomach Chi
7.	C-M	Coherence		K24	Regulates both Lung and Stomach Chi
8.	TO-M	Transfer-Out		K 16	Regulates Chi

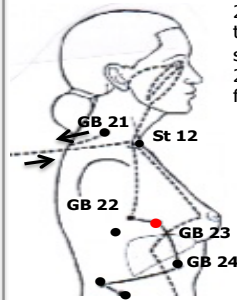
Meridian



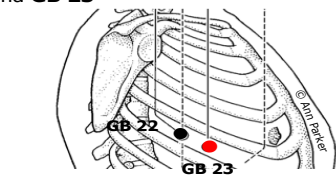
No. 3 - St 27 = INTAKE is on the lower abdomen, 2 cun lateral to the midline and 2 cun below the navel level with CV 5

No. 5 - St 25 = FLOW is on the abdomen, 2 cun lateral to the navel (2 cun = 3 finger widths)

Meridian



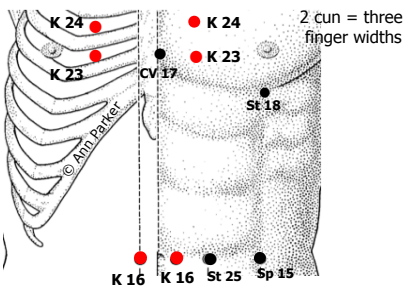
No. 4 - GB 23 = LEVEL is in the 5th intercostal space 2 cun from and slightly below the nipple or find H 1 in the axilla which is at the level of the 3rd intercostal space and drop down to the 5th inter-costal space (GB 22) move one cun (thumb width) towards the nipple to find **GB 23**



GB 23 (Flank Sinews) = Level

Internal Channel flows from GB 21 to GV 14 and then it turns to flow back to St 12 before flowing down to GB 22

Meridian



No. 6 - K 23 = Fluidity is in the 4th intercostal space 2 cun lateral to the midline

No. 7 - K 24 = Coherence is in the 3rd intercostal space 2 cun lateral to the midline

No. 8 - K 16 = Transfer-Out is level with the Navel and 1/2 cun (one finger out)

No. 3 - St 27 (The Great) – The **INTAKE** is the amount of energy coming into the Meridian through the acu-points

No. 4 - GB 23 (Flank Sinews) – The energy **LEVEL** is both determined by the INTAKE and the FLOW. Balancing the meridians will equalize the energy LEVEL of the meridians, but that LEVEL may be high or low and the Fluidity or the COHERENCE may not have been corrected.

No. 5 - St 25 (Heaven's Point) – This is the amount of the energy **FLOWING** through the Meridian and is determined by the INTAKE, the TRANSFER-OUT, the FLUIDITY and the COHERENCE of the energy, or any energy blockages in the Meridian

No. 6 - K 23 (Spirit Seal) – the **FLUIDITY** is the viscosity of the energy. It may be viscous or sluggish or too fluid, out of control.

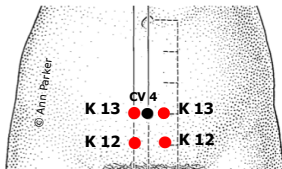
No. 7 - K 24 (Spirit Ruin) – The **COHERENCE** is how scattered or how 'together' or synchronized the energy is functioning. Similar to coherent light (laser). Not turbulent.

No. 8 - K 16 (Vitals Shu) – As the energy flows through the Meridian it is **TRANSFERRED-OUT** of the Meridian becoming available as tissue-energy INTAKE

Dr. Scott's Health Kinesiology Bio-Energy Model continued

These energy measures are only looking at the physical and etheric bodies

No.		Measure	Location	Significant Acu-Points	TCM Function of the Point
9.	I-T	Intake	At Tissue level	K 12 + K 13	K 12 strengthens the kidneys K 13 regulates the Lower Burner
10.	L-T	Level		St 29	Warms the Lower Burner
11.	FW-T	Flow		Sp 20	Regulates the descent of Chi
12.	FL-T	Fluidity		K 22	Regulates both Lung and Stomach Chi
13.	C-T	Coherence		CV 19	Regulates the descent of Chi

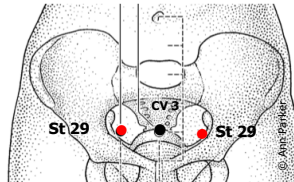


No. 9 – K 12 + K 13 = Intake

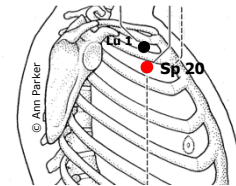
Both ½ cun lateral to the midline

K 12 on the lower abdomen 4 cun below the navel and **K 13** on the lower abdomen 3 cun below the navel

Tissue

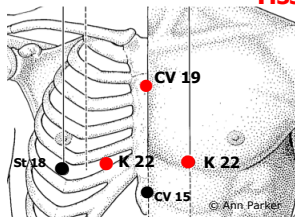


No. 10 - St 29 = Level on the lower abdomen 2 cun lateral to the midline and 4 cun below the navel.



No. 11 - Sp 20 = Flow in the 2nd inter-costal space six cun lateral to the midline. Directly below Lu 1

½ cun = a finger width / 2 cun = 3 finger widths / 3 cun = 4 finger widths / 4 cun = a whole hands width



Tissue

No. 12 - K 22 = Fluidity in the 5th intercostal space and 2 cun from the midline

No. 13 - CV 19 = Coherence on the midline level with the 2nd intercostal space

No. 9 - K 12 (Great Luminance) + K 13 (Chi Cave) the INTAKE is the amount of energy that is diffusing through the walls of the meridians coming into the tissues

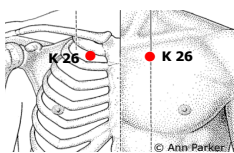
No. 10 - St 29 (Return) the energy LEVEL is determined by both the **INTAKE** and the **FLOW**

No. 11 - St 20 (Supporting Fullness) the FLOW. This is the amount of energy flowing through the tissues and is determined by the degree of **INTAKE**, the **FLUIDITY** and the **COHERENCE** as well as the outflow of the energy and by any energy blockages or energy restrictions in the tissues. The **OUT-FLOW** is determined by the **COUPLING-IN** and **COUPLING-OUT** functions at the cellular level of the tissues

No. 12 - K 22 (Walking Corridor) the FLUIDITY is the viscosity of the energy. It may be viscous and sluggish or too thin so out of control

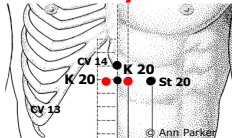
No. 13 - CV 19 (Purple Palace) the COHERENCE is how scattered or how 'together' or synchronized the Energy is functioning. Not turbulent

14.	C-I	Coupling-in	Control System	K 26	Regulates both Lung and Stomach Chi
15.	S	Strength		K 20	Harmonizes the Middle Burner
16.	C-O	Coupling-Out		St 21	Harmonizes the Middle Burner

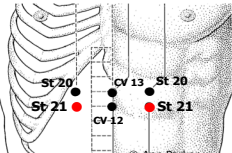


No. 14 - K 26 = Coupling In in the 1st intercostal space, two cun lateral to the midline

Control System



No. 15 - K 20 = Strength Find CV 14 and come down 1 cun and then out 0.5 cun from the midline



No. 16 - St 21 = Coupling-Out is 2 cun lateral to the midline and 4 cun above the navel - level with CV 12

All 3 Acu-Points measuring at Cellular Level.

No. 14 - K 26 (Comfortable Chest) COUPLING – IN How well is the Energy Control System connected to the cell it is controlling?

No. 15 - K 20 (Abdomen Connecting Valley) STRENGTH How strong is the controlling energy at the cell?

No. 16 - St 21 (Beam Gate) COUPLING – OUT How well is the Energy Control System doing it's job?

½ cun = approx. a little finger width / 2 cun = 3 finger widths / 4 cun = a whole hands width or two lots of 3 finger widths

Dr. Scott's Health Kinesiology Bio-Energy Model continued

These energy measures are only looking at the physical and etheric bodies

No.		Measure	Location	Significant Acu-points	TCM Function of the Point
17.	MBEI	Mind to Body Energy Integration	Control System	St 18 ½	St 18 – Relaxes the chest St 19 – Harmonizes the Middle Burner and regulates the descent of Chi
18.	BBEI	Brain to Body Energy Integration		St 16	Benefits the breasts

Control System

No. 17 St 18 ½ = Mind to Body Energy Integration
No. 18 St 16 = Body to Brain Energy Integration

No. 17 St 18½ MBEI measures how well the body is receiving and utilizing the control system energy signals it needs from the brain / mind

No. 18 St 16 BBEI measures how well the brain / mind is receiving and utilizing the control system energy signals it needs from the Meridians

No. 17- St 18½ Find CV 14 at the bottom of the ziphoid process and go up one cun width and then 3 cun out for the halfway point between St 18 and St 19. **No. 18 - St 16** – In the 3rd intercostal space 4 cun from the midline

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Your personal notes:

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



Find your Way with HK