

HK 4 Menu

First Session: **(i)** discuss Case History **(ii)** Move onto Record of Visits Form **(iii)** do MEB **(iv)** Energy Permission **(v)** Now say, "To initiate a healing process for your concerns, help you to achieve your goals and bring your Energy System into harmony and balance how are we working today, in an issue?" **If ↑**, "HK tested?" **If ↑**, go to the Appendix to Ann's HK Manuals p 1, to define your issue name. **If ↓**, it's a Client Specified Issue so identify issue name as per HK 2. Get out the Issue Analysis form and analyze the issue through the Facets asking each time, "For this issue 'name it' are there Factors to be addressed under the 'name it' Facet?" Now work your MENU! **If ↓**, to an issue you are working in Body Sequence as per HK 1. Get out the WIBS form. Now work your full MENU! On subsequent visits: **(i)** record on the Record of Visits any changes **(ii)** do the MEB **(iii)** EP? **(iv)** Then you ask, "To continue the healing process and help you achieve your goals bring your Energy System into harmony and balance how are we working today, in an issue?"

If you are in the middle of an issue either because you had a time window or you had permission to stop when the client comes back once you have done nos. **(i)** to **(iii)** above ask, "Are we proceeding as planned?" **If ↓**, check what needs to be done first before continuing with the original issue.

ENERGY CORRECTION FACTORS			
ENERGY CONTROL SYSTEM		TISSUE ENERGY BALANCE PSYCHO-PHYSIOLOGICAL VIBRATION CORRECTION POINTS/OPERATION MATRIX EFB: SENSORY ENERGY FUNCTION - INTERNAL - EXTERNAL	
Membrane Configuration Electro-Magnetic Field Spin Alignment Electric Current Combined Synergetic Expression	Body Brain Energy Integration Belief System Elimination Scar Pain Phantom Sensations Other		
PSYCHOLOGICAL		SYMBIOTIC ENERGY TRANSFORMATION	
Gerund Common Gerund /Different Topic Different Gerund/Common Topic Different Gerund/Different Topic with an underlying theme Being / Not Being I feel / I am	Sentences Statements Questions NV "I" items Concept / Experience Person Stress Release (Reduction) Emotional Stress Release	Allergy / Detox Tolerance Tapping Synergy Tolerance	
ENERGY TONING FACTORS			
Meridian Tracing	◆	Essential Oils – Aura sweep or Sniff	◆ Colour
HK Energy Toning Movements 0-6	◆	Symbols	◆ Sound
ADJUNCTIVE FACTORS			
Activities		Tools	
Work Rest Sleep Play	Nutrition Exercise Degauss Wear Magnets	Magnets Essential Oils Vibrational Essences Crystals	Colour Sound

At the end of every session ask,

- "Is there anything we need to know about the next session?"
- "Is there anything we need to do before we stop to aid Stabilization / Harmonization / Integration / Progress or Process?" (SHIPP)
- "Is there anything else we need to do or test for you before we finish today?"
- **Finally, "ENERGY PERMISSION TO STOP?" ↑**

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**** These lists can also be found in the HK Lists Working Manual			

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Based on Dr. Scott's HK 1-4 Manuals, the originator of the Health Kinesiology System, I have chosen to simplify the setting up of the Energy Correction Factors from his Manual to help you the HK practitioner, in training, to go away and work the full HK 4 menu to make lasting positive changes for your clients. It has been work in progress since the first HK class I taught in February 1994.

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I have been an HK practitioner since early 1990. In late 1993, I was authorized as an HK tutor by Dr. Scott, the founder of HK and now teach HK 1-10. To date I have taught over 400 HK classes 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. At the 2006 International Kinesiology Conference in Keele, I was thrilled to be commended as 'the most inspiring kinesiology tutor in the UK'. In 2007, with Dr. Scott's blessing I had HK accredited with the Australian Kinesiology Association (AKA) and also the Kinesiology Association of New Zealand (KANZ) in 2011. I am a professional member of both the KF and FHT in the UK, as well as the AKA in Australia and a Friend of KANZ in New Zealand.

ECS: ALIGNMENT

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, synchronizing or coordinating multiple energy circuits in the body's own electro-magnetic energy systems so everything works well together.

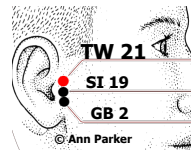
Always just one item with 4 aspects – Body Position or Do, Magnets, Self-Touch, Thought.

- The **Body Position** will focus the work into specific subtle bodies –
 - ♦ Standing ETHERIC & EMOTIONAL
 - ♦ Sitting PHYSICAL & ETHERIC
 - ♦ Lying Down From PHYSICAL THROUGH ALL THE SUBTLE BODIES
- The **Do** normally focuses energy into some physical part of the body especially if breath or movement is involved.
- The **magnets** (where the position, polarity and orientation of each magnet will be critical) discharge abnormal electric currents and normalize the electrical activity within the body. Use the double 600 gauss magnets.
- The **Self Touch** releases energy blocked in the tissue area under the hands and allows energy to flow normally through the tissue so nutrients can be absorbed or toxins released.
- The **Thought** (usually a single positive word) releases energy blocked in the meridians and from cell memory.

Steps	What to ask/say	What to do
1. Points Look up the points and decide how you will hold them.	(i) Ask , "For this ECS: Alignment are we holding NLS? / NVs? / EPs? / Sed? / Act?" ↓ / ↑ As soon as you find one reflex circuit ask , "Any other reflexes?" ↓ / ↑ (ii) Ask , "Are we holding in just one Element?" If ↑ ask , "Element Zero, 1 or 2?" and continue through the Elements to find which one. If ↓ to just one Element ask , "Element Zero, 1 or 2?" identify and keep asking till you have at least 2 Elements then ask , "Any other Element?"	Record in Reflex column Record in Element Column Remember client's hands will be busy so you will need to hold the Yang/Yin down one side of the body first then the other
2a. Identify the aspects Body Position or Do	Ask , "For this group of ECS: Alignment do we have a Body Position?" If ↑ "Lying down / Sitting / Standing / Squatting / Bending over?" etc If ↓ to a Body Position then it's a Do. Ask , "Is movement involved?" ↑ / ↓ If ↑ , "Is the head (eyes/mouth) turning / nodding?" If ↓ to head then ask , "Is it part of or the whole of one or both legs/feet?" etc If ↓ to movement ask , "Is it breath?" If ↑ , "Breathing deeply / slowly / panting / holding for a period of time?" etc Sensory input – as in EFB: SEI	Identify the gross body position and record Identify how much movement (fast/slow/gentle) and record If holding the breath Look / listen/ smell / taste / feel / vibration
2b. Identify the aspects Magnets	Ask , "How many magnets are we using at least 1?" ↑ etc Then ask , "Are any or all the magnets going to the seat of the pain / injury?" ↑ / ↓ Ask , "Are all the magnets going on the same plane of the body?" For example - If ↑ ask , "Front plane?" ↑ "On the torso?" ↑ Ask , "Is this magnet going NS to the body?" If ↑ place it NS to the couch by the client's leg and then ask , "Is this magnet being placed vertically?" If ↑ turn it if necessary so it is lying vertically on the couch. Other possibilities for the orientation are horizontally or obliquely.	Set up like a simple ECS: EMF/EC. Ask about the site of pain or injury first. Otherwise, move onto establishing which plane of the body the magnets will be placed. Scan the body for position - Pad of finger = mid-point of magnet. Use arm asking for an indicator change. Pick up a magnet and as soon as you establish its polarity and orientation place it in position.
2c. Identify the aspects Self-Touch	The hands often go over the magnets. Ask , "Is one or both hands going over a magnet?" If ↑ test which magnets have hands on them. If ↓ to over the magnets ask , "Is the left hand going on the front plane of the body?" etc	Set up like a TEB Otherwise, move onto establishing which plane of the body the hands will be placed. Scan the body for position
2d. Identify the thought	Ask , "Is the thought a single word?" If ↑ work your lists	Thought normally a single word
3. TL	Once all the aspects are in place midpoint of palm over either the client's or your navel ↓	
4. Hold the Points	Once you have held down one side ask , "Have we held these points for long enough?" ↑ / ↓ "Any benefit in holding them any longer?" ↑ / ↓	If ↑ to both questions then move on and hold the other side
5. Re-TL	Palm over navel ↑ Ask , "Is this item robust?" ↑	
6. Complete?	Ask , "Is this ECS: Alignment now robust and complete?" ↑	

ECS: Combined Synergetic Expression (ECS: CSE)

This Energy Control System correction 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.

No.	What to ask /say	What to do
1. Find number of substances	Ask , "For this ECS: CSE how many substances are we using?" "At least one?" ↑ "At least two aspects?" ↑ "At least three?" ↑ etc Confirm, "So, there are aspects?" ↑	Only ever the one item but with a number of different substances that can come from the same possibilities as an SET: A/D or Tolerance correction.
2. Find the points	Ask , "Are we using the regular Energy Flows? If ↑, test through NL / NV / EP / Sed / Act. Test through the Elements as usual to find which one/s. If ↓ ask , "Special Points?" If ↑ ask , "In just the one Element? If ↑ test through and identify which one. If ↓ to Special Points ask , "Combination Points?" Then test through the Elements to find which one.	Record and look them up deciding with your client how to hold them
3. Identify the substances	Identify the substances. Possibilities – Ask , "Is it a food?" ↑ / ↓ "A chemical?" If ↑ "Cosmetic?" If ↑ "Body care product/s?" ↑ / ↓ "In the kitchen or laundry?" ↑ / ↓ "In the garage?" ↑ / ↓ "Something at work?" ↑ / ↓ "A drug?" ↑ / ↓ "Pollens?" ↑ / ↓ "Animal body substance?" ↑ / ↓ "Dust mite?" ↑ / ↓ "Essential Oil/s?" ↑ / ↓ "Vibrational Essences?"	Food list on page 16 of List WM Once you have identified the substances place them on the table away from the client's body
4. (i) Test TW 21 in the clear (ii) Check substances for allergy	(i) Touch the side of the ear at TW 21 in the clear and TL looking for ↑ but if arm TLs ↓, then tap TW 21 20x lightly to switch on and retest ↑ Still TLs ↓ tap Lung 5 in the crease of the elbow and retest (Don't keep your finger on TW 21 as the point quickly becomes tired) (ii) Place each substance individually on CV 6 and retouch TW 21 looking for ↑. If it is a ↓ tap the end points for Elements 2 and 4	
5. Test navel in the clear	Have client place their palm over their navel and TL looking for ↑	
6. Check the substances will TL ↓	Place all the substance/s on the thymus and TL both TW 21 and the navel simultaneously – should TL ↓ if you have all the ones you need If arm ↓ then the substance/s is disturbing the client's energy system	
7. Do the correction	Leave all the substances in place and hold the points you tested in Step 2 above to retune the Energy for the item	Hold points and you think the item as well Yawn, sigh, pulse etc
8. Check it is done	Leave all the aspects in place and TL ↑ both TW 21 and navel simultaneously If ↓ re-hold points, then re-check	With palm over navel Monitor IM
9. Robust?	Ask , "Is this ECS: CSE now robust?"	Palm off the navel

ECS: CSE NL 5 -

- onion
- EO Sandalwood
- ABE Waratah
- Crystal Diamond

Points Operation Matrix (P/OM)

P/OMs work to fill in a gap in the client's energy. We often do not know at what level the correction is working unless we have found it as the Special case – ECS: Other when we know it is working within the Energy Control System. 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. So, all the obvious reverses happen – magnets flip polarity, hands interchange, thoughts become 'not the thought' etc

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

Steps	What to ask/say	What to do
1. Find number of items	Ask , "For this P/OM there is just the one item?" ↑ Now ask, "With at least two aspects?" ↑ "At least three?" ↑ etc Confirm, "So, there are aspects?" ↑	Usually only ever the one item but with a number of aspects. On the rare occasion when there are two items the second item is a reverse of the first
2. Find the points to retune the Energy <i>In very rare cases you might hold a Category from either the Membrane Configuration or Cellular Demands</i>	Ask , "Are we using the regular Energy Flows? If ↑, test through NL/NV/EP/Sed/Act. If ↓ ask , "Special Points?" If ↑ ask , "In just the one Element? If ↑ test through and identify which one. If ↓ to Special Points ask , "Combination Points?" Then test through the Elements to find which one. For the Regular Flows test through the Elements as usual to find which one/s. For Special Points, you have already identified from no. 1 above the Element so test along the two Meridians to identify which acu-point you need. For Combination Points, you have already identified the Element from no. 1 above now test which regular Reflex Flow you need for each Meridian For either Membrane Configuration or Cellular Dynamics test to identify which Category and then which Element	Monitor IM and record For Special Points, it's normally just one Element. Record SP '..' in Reflex Column For Combination Points it is a combination of Reflexes within the One Element. Record Combo '..' in Reflex Column Monitor IM and record in Element Column For example - SP 3 LI 5 Lu 9 For example – Combo 6 SI NL H EP For example – Feeling 3 LI 1/LI 6 Lu 9/Lu 7
3. Find the item and aspects	Work the Matrix above to identify the aspects. Ask , "Is one of the aspects Cognition/Self-Touch/Do or a Body Position?" Continue working the Matrix – you will find most of the aspects will come from the Additional Sensory Column	Monitor IM and record against one of the dashes Remember each Vibrational Pattern is one aspect
4. TL to check item	Once you have all the aspects in place then Palm goes over either their or your navel, and if applicable client generates the cognition ↓	This is the validation that you have the set up the correction correctly
5. Do the correction	Leave all the aspects in place and hold the points you tested in Step 2 above to retune the Energy for the item	Hold points and you think the item as well Yawn, sigh, pulse etc
6. Check that item is done	Leave all the aspects in place and TL ↑ If ↓ re-hold points, then re-check	With palm over navel Monitor IM
7. Robust?	Ask , "Is this item now robust?"	Palm off the navel
8. Complete?	If there is only the one item ask , "Is this Points / Operation Matrix now robust and complete?"	Otherwise do the second item repeating Steps 4 to 6

ECS: OTHER

This correction completes the Energy Control System possibilities and it will normally have either one or two items. If there are two items the second item will be a reverse of the first. Use the P/OM format to set up an ECS: Other so you could have a number of aspects within the item and will not TL ↓ until all the aspects are in place. Unlike the P/OM where we may not be aware of where in the overall Energy System we are working with an ECS: Other we know it is working to fine tune some aspect/s of the Energy Control System.

ENERGY FLOW BALANCE (EFB)

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.

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

EXTERNAL SENSES

VISION

AUDITION – hearing

CUTANEOUS – touching

GUSTATION – eating

OLFACTORY – smelling

VIBRATION

EXTERNAL SENSORY MAGNETIC

INTERNAL SENSES

SENSORY FEEDBACK

KINESTHESIA

Three possibilities for setting up the Energy Flow Balance: Sensory Energy Function corrections

- | | | |
|----|----------------------------|---|
| 1) | EFB: SEF – SIMPLE | All from same category. |
| 2) | EFB: SEF – MIXED | Items from a mix of categories. |
| 3) | EFB: SEF – COMPOUND | Each item has more than one aspect and the aspects come from a mix of senses (categories). |

EFB: SEF: SIMPLE NV 5

VISION

- Look up right
- 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

- | | |
|---|--|
| - | <div style="border-left: 1px solid black; padding-left: 5px;"> Taste sweet
 Look at red
 Feel silk </div> |
| - | <div style="border-left: 1px solid black; padding-left: 5px;"> - Sniff fairy liquid
 - Client touches (grips) their left shoulder </div> |
| - | <div style="border-left: 1px solid black; padding-left: 5px;"> - Look at a Mandala
 - Taste bitter & astringent
 - Listen to a piece of music </div> |

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

ENERGY FLOW BALANCE - SENSORY ENERGY FUNCTION

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.

EXTERNAL STRUCTURES

VISION	AUDITION	CUTANEOUS	OLFACTION	GUSTATION	VIBRATION	MAGNETIC
Glasses? Single, Both or Alternating Eyes	Aspects to consider:	Aspects to consider:	Aspects to consider after checking for disturbed reactions	Aspects to consider after checking for disturbed reactions	Aspects to consider:	Aspects to consider:
Eye Position	Sound Source	Active or Passive	Source	Which taste?	Source	What part of the body?
Eye Movement	Sound Quality	Source	Combination	Intensity	Where applied	Which polarity of the magnet?
Near / Far *	Point of Origin	Where to touch?	Intensity	Combination	By what? / By whom?	Which ECF from the menu will correct it?
Co-ordination	Mono or Stereo	Quality of touch		SWEET	Quality	
Peripheral Movement	Combinations	Touched by?		SOUR	Intensity	
Light / Dark				SALTY	Combination	
Black				BITTER		
Colour				PUNGENT		
Patterns				ASTRINGENT		

* 2 possibilities here - focus and convergence

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

- | (1) Simple groups | (2) Mixed Groups | (3) Combination Groups |
|---|---|---|
| (1) For simple groups, all the items within the group will come from just one type – all Vision items or all Gustation items. | (2) For Mixed groups, the individual items come from different senses e.g. one item is from Olfaction and one from Cutaneous. | (3) For combination groups, the individual items have more than one aspect and the aspects come from different senses |

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	

EFB SEF: OLFACTION

The olfactory bulbs receive information about smells from the nose and send it to the brain by way of the olfactory tracts. The olfactory nerve carries the sensory information for the sense of smell. The olfactory nerves consist of a collection of many sensory nerve fibers.

If using Essential Oils, you must also consider: **INTENSITY** – How many drops of each individual oil are we mixing together?

Procedure for doing the Olfaction SEF corrections

Steps	What to ask/say	What to do
1. Find the number of items	Ask , "For this group of EFB: Olfaction there is at least one item? "At least two?" ↑ "At least three?" ↑ etc Confirm, "So, there are?" ↑	Groups tend to be 1 or 2 items. Monitor IM and record
2. Find the points	Ask , "For this group of EFB: Olfaction are we holding NVs?" If ↑ go straight into asking which Element/s If ↓ to holding NVs ask , "Regular circuits?" If ↑ ask, "NL / EP / Sed / Act??" Identify and find which Element/s to hold	For all EFB: SEF we usually hold NVs so ask about them first Monitor IM and record
3. Check for disturbed reactions and clear if necessary	Say , "Before we can clear the energy disturbance associated with this/these smells we must first check that you do not experience a disturbed reaction (allergy) to them so first I will place the oil on your body and check the response. Could you please indicate your navel? If necessary we will then clear the disturbed reaction before proceeding with this correction." Check each smell/oil one at a time.	Check for a disturbed reaction (i) Place the bottle/s on CV 6 - If TW 21 TLs ↓ with the oil or smell on CV 6, this disturbed response must be cleared first by Synergy Tapping before you offer the oil to the client to smell. After tapping recheck TW 21 should now be ↑. (ii) Being smelt – Only now check TW 21 with client smelling the substance, if TW 21 TLs ↓ now clear this disturbed response by Synergy Tapping. Then recheck TW 21 should now be ↑.
4. TL	Now offer the oil/smell to the client and with palm over the navel TL – 2 possibilities <ul style="list-style-type: none"> If ↑ the Synergy Tap has also cleared the Sensory Disturbance If ↓ do with the SEF correction 	If using oils place a white tissue on CV 6 and TL the TW 21 to ensure the tissue is in the clear and won't change the energy pattern we are highlighting. Looking for a ↑. Then place the number of drops you have tested into the same space on the tissue and offer to client.
5. Do the Correction	Client continues to smell the oil/substance and you hold the points tested in no. 2	
6. Done?	Client continues smelling the oil/substance and TL ↑	
7. Robust?	Ask , "Is this item robust?"	
8. Further items?	Repeat Steps 3 to 7	
9. Complete?	Ask , "Is this Energy Flow Balance: Sensory Energy Function Olfaction now robust and complete?"	

EFB: SEF: GUSTATION

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 – Use 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, Green persimmon, Pomegranate, Green pear.

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.

Steps	What to ask/say	What to do
1. Find the number of items	Ask , "For this group of EFB: Gustation there is at least one item? "At least two?" ↑ "At least three?" ↑ etc Confirm, "So, there are?" ↑	Groups tend to be 1 to 6 items. Monitor IM and record
2. Check which tastes you are using	Ask , "For this group of EFB: Gustation how many individual tastes do I need for this correction?"	Go and find them and also the number of clear glasses you will need for the number of items
3. Find the points	Ask , "For this group of EFB: Gustation are we holding NVs?" If ↑ go straight into asking which Element/s If ↓ to holding NVs ask , "Regular circuits?" If ↑ ask, "NL / EP / Sed / Act?" Identify which Reflex and then find which Element/s to hold	For all EFB: SEF we usually hold NVs so ask about them first Monitor IM and record
4. Check for disturbed reactions and clear if necessary	Ask , "For the first item is it an individual taste?" If ↑ test through the ones you have collected. If ↓ ask , "Which of these tastes are we mixing?" Set them aside and ask "Equal proportions?" etc Then say , "Before we can clear the energy disturbance associated with this/these tastes we must first check that you do not experience a disturbed reaction to them, so first I will place the food substance in a glass on your body and check the response. Could you please indicate your navel? If necessary, we will then clear the disturbed reaction before proceeding with this correction."	Check for a disturbed reaction (i) Check the glasses you are intending to use for the items, to ensure they won't change the energy pattern we are highlighting so place the glass on CV 6 and TL TW 21 looking for a ↑ (ii) Put the food substance/s in the glass on CV 6 - If TW 21 TLs ↓, this disturbed response must be cleared first by Synergy Tapping before you offer the oil to the client to smell. After tapping recheck TW 21 should now be ↑. Check each single or combination of food one at a time.
4. TL	Now offer the food substance to the client and with palm over the navel TL – 2 possibilities <ul style="list-style-type: none"> If ↑ the Synergy Tap has also cleared the Sensory Disturbance If ↓ do with the SEF correction 	
5. Do the Correction?	Client continues to taste the food substances and you hold the points tested in no. 2	
6. Done?	Client continues and TL ↑	
7. Robust?	Ask , "Is this item robust?"	
8. Further items?	Repeat Steps 3 to 7	
9. Complete?	Ask , "Is this Energy Flow Balance: Sensory Energy Function Gustation now robust and complete?"	

Ψ NV 'I' Items

Many of the 'verbs' used in constructing NV "I" items are MODALS. **Modal verbs are used to express or modify the mood of another verb.** The verbs we use as 'HK modals' in the NV 'I' items 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 pattern and only the modal changes within the group of items.

(i) I modal verb or (ii) I modal verb object

Find the verb or verb object and then you just work the list of modals to complete the items. **Working Manual Lists p 24**

These groups of psychological have an integration phase using Choline. Check the Choline on CV 6 and TL TW 21 – looking for a ↑. 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.

Clients places hands in a tent – finger pad to finger pad, eyes open and they think "It's ok that (repeat the item just done)".

You do the same resting your elbows on the couch and touching into the client.

'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 must express my feelings	I should change	I don't suffer fools gladly
I need to express my feelings	I want to change	I won't suffer fools gladly
I should express my feelings	I need to change	I must suffer fools gladly
I will to express my feelings	I ought to change	I am suffering fools gladly

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 – (i) 2 items (ii) 3 items and (iii) 6 items:

(i) - **Concept: grace** - *attractiveness/ charm / ease and refinement of movement/ pleasing qualities*

- **Me experiencing gracefulness**

(ii) - **Concept: responsibility** - *the state or fact of being answerable or accountable to others /capable of fulfilling an obligation or trust / reliable /trustworthy*

- **Me experiencing responsibility**

(iii) - **Concept: Forgiveness** - *to give up or withdraw resentment/ to remit a debt or slight / pardon someone who has offended you / regard indulgently*

- **People experiencing forgiveness**

- **Me experiencing forgiveness**

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

(iv) - **Concept: intimacy** - *a closeness of observation, familiarity / sharing one's deep inner feelings and thoughts with another*

- **Couples experiencing intimacy**

- **Me experiencing intimacy**

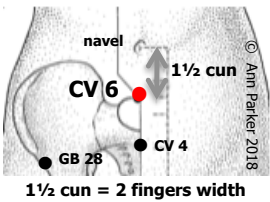
- **Concept: Separation** - *the action of separating oneself, withdrawing or parting company / to put apart one or more persons / set asunder / cessation of co-habitation either by mutual consent of both parties or by judicial decree*

- **Couples experiencing separation**

- **Me experiencing separation from my partner**

VIBRATION CORRECTION

All vibrational TOOLS (Essences, Homoeopathy, Colour, Symbols, 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. All vibrational patterns placed on CV 6 (the most receptive point on the body) are instantly transmitted through out the whole electro-magnetic system (the body and aura).

Steps	What to ask and say	What to do
1. Always only one item. Identify which vibrational tool you are using.	Ask , "For this vibration correction are we using Essences, Homoeopathy, Colour, Symbols, Sound and Essential Oils?" If ↑ to Essences ask , "How many essences, at least one?" ↑ "At least two?" ↑ "At least three?" ↑ "At least four?" ↑ "At least five?" ↓ Confirm by saying , "So, there are four?" (In this example) This is just an example of your testing for the number of essences.	Test through the list to find which one. Monitor IM If the vibrational tool is other than essences you will only be looking for one or at the most two which most likely will be used together
2. Find the Reflexes verbally	Ask , "For this Vibration Correction using 'name it' are we holding NLs? / NVs? / EPs? / Sed? / Act?" When you get ↑ to a Reflex, record it and ask, "Any other Reflexes?" ↑ / ↓	Monitor IM Record what you find
3. Find the Elements verbally	Ask , "Are holding in just one Element?" If ↑ ask , "Element Zero, 1 or 2?" and continue through the Elements to find which one. If ↓ to just one Element ask , "Element Zero, 1 or 2?" identify and keep asking till you have at least 2 Elements then ask, "Any other Element?" ↑ / ↓	Monitor IM Record what you find
4. Confirm points verbally	Confirm by saying , "So we're holding" Repeat the Reflex and Element For example, "So we're holding NV 3?"	Look up points and decide with client how you will hold them (you can hold them on yourself as well as the client)
5. Identify the vibration tool by verbal testing	If using essences, it doesn't matter in which order you find them. Place what you find in a heap together on CV 6 – two fingers below navel. Or if one of the other vibrational tools test where it goes and put the vibrational pattern you are highlighting in place.	
6. TL	Palm over navel ↓ We now have Energy confirmation that the item is stressful	This is the validation that your testing is correct
7. Do the correction	Leave the vibrational pattern/s in place	Hold points Yawn, sigh, pulse etc
8. Check that item is done	Leave the vibrational pattern/s on CV 6 If ↓ Re-hold points, then re-check	With palm over navel Monitor IM
9. Final check	Ask verbally , "Is this Vibration Correction for 'name it' now robust and complete?" ↑	Palm off the navel Monitor IM

ETF: REACTIVATION

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. Whatever it is that comes up for the client to do it must be something to which they have access or that we, the practitioners, can lend / hire out to them for the time needed for the Reactivation to work. To involve the sense, we could use essential oils, crystals, vibrational essences, colour, sound, vibration into some area of the body, magnets, symbols, woods, actual foods or supplements, photos, flowers they may have in their garden.

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 (days? /weeks? months?) or activity time?
5. Anything else to know about the Reactivation?

Etheric	♦	Astral (Emotional)	♦	Mental	♦	Causal	♦	Buddhic	♦	Monadic	♦	Atmic
Into which subtle levels is it possible for the Reactivation sensory stimulus to influence?												
Essential Oils - Physical to Causal	♦			Crystals – Physical to Causal	♦			Essences – Physical to Buddhic				
Colour - Physical to Monadic	♦			Sound – Etheric to Causal	♦			Vibration – Physical to Atmic				
Magnets - Physical to Etheric	♦			Symbols – Physical to Mental	♦			Woods – Physical to Etheric				
Nutrients - Physical to Etheric	♦			Flowers – Physical to Etheric	♦			Photos – Emotional to Monadic				

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 (The protection ones need to be cleansed daily)

Using VIBRATIONAL TOOLS in your sessions

1. As Energy Corrections - as part of the Energy pattern where we hold Energy Flows to balance the client's Energy System.

When used to highlight a pattern for a correction, the vibrational pattern goes directly to the electromagnetic interface and bypasses the nervous system. All vibrational essences send a specific Energy pattern or vibrational image into the physical body to connect with the crystalline structures within the body. The crystal essences seem to ground the Energy in the physical body while the flower, colour and wood essences often work to clear emotional stress that has become locked into the cell memory and is 'polluting' the emotional body. When used within HK SET work they help the physical body process the toxic wastes more smoothly so the client experiences minimum discomfort while the body processes the Energy work. All of the tools listed in the Energy Toning section can obviously be used in corrections. Interestingly, if doing and ECF: Life Transformers with a number of LTs then the correction does not TL ↓ as each Life Transformers is packed with specific energy patterns and the body will only deal with what it is ready to deal with right then.

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

Using VIBRATIONAL TOOLS in your sessions continued

2. As Energy Toning - used to strengthen existing Energy Pathways

When used as Energy Toning there normally has to be some type of repeated pattern in order for the vibrational tools to be processed and assimilated. **When taken by mouth**, the homoeopathic substance's or essence's vibration passes into the blood circulation and from there into the electromagnetic current at the interface with the nervous system. From here it goes to the Meridians where it goes in two directions – to the subtle bodies via the chakras and to the cells via ethereal fluidium. The vibrational pattern matches the stress or blockage in the cells and over a period of time cancels it out. If Energy Toning comes up within a kinesiology session **(i)** at the very beginning of the session, it opens up the client's Energy System to receive the Energy input at a deeper level than would otherwise be the case, **(ii)** partway through the session it helps the previous Energy work to process through smoothly and then opens up the client's Energy System to receive the Energy input at a deeper level than before and finally **(iii)** as the last thing to do it helps the Energy work done to process through smoothly

Essential Oils (i) Sniff an essential oil

(ii) Place a drop/s on the hand and sweep the aura with an essential oil

(iii) Carry the essential oil around for a specific period daily for a number of days

Essences (i) Ingest the essence in a set pattern of repeated dosages

(ii) Place a drop/s on the hand and sweep the aura with an essence

(iii) Carry the essence around for a period of time daily for a number of days

Colour (i) Look at or look through individual colours or a fan of colours

(ii) Sweep the aura with individual colours or a fan of colours

(iii) Wear specific colours or coloured lens for a period of time

Sound (i) Tuning forks into specific areas of the body

(ii) Listen to a particular piece of music

(iii) Do one or more of the Six Healing Sounds at a specific time daily for a number of days

(iv) Chant e.g. 'Om'

Homoeopathic (i) Ingest the homoeopathic substance in a set pattern of repeated dosages

(ii) Use the bottle of a homoeopathic substance and sweep the aura with it

(iii) Carry the bottle of a homoeopathic substance around for a period of time daily for a number of days

Crystal/s (i) Carry a specific crystal/s around for a period of time each day for a number of days

Woods (i) Look at, feel, or smell a particular wood for a number of minutes for a specific period

(ii) Sweep the aura with a wood

(iii) Carry the wood around for a specific period daily for a number of days

3. As an Adjunctive

Crystal/s (i) Energize your drinking water with specific crystal/s

(ii) Place specific crystals to harmonize the Energy of the home and neutralize geopathic negative Energies (e.g. by the computer, the electrical distribution board). These crystals will need to be cleansed regularly – let cold running water run over them for around 10 to 20 minutes

Using VIBRATIONAL TOOLS in your sessions continued

- Essential Oils**
- (i) Spray an area to clear the space - particularly into the corners of a room
 - (ii) Use in a diffuser to either sweeten the air or to clear the space
- Colour**
- (i) Client may need to eat foods of a certain colour – check if time of year is relevant.
 - (ii) We can energize water by standing it on specific colours or use coloured glass bottles.
 - (iii) The client may need to have a colour around them at home, at work or in the car for a period of time.
 - (iv) They may need to change the colours of specific rooms in the house, the linen they use on their beds or even the colours they wear on a regular basis.
- Sound**
- (i) The client may need to listen to a specific sound for a specific period of time either at home or even in the middle of the session of work in order to clear their Energy Field.
 - (ii) Listen to specific music to enhance their rest period.
 - (iii) Laugh themselves or listen to other people laughing.
 - (iv) To clear negative vibrations from a room in the house:
 - Specific music may need to be played and as everything has a vibration it brings all the furniture, pictures, carpets, wood as well as the space of the room into harmony.
 - Clapping, starting in a corner of the room and clapping from floor to ceiling around the room, also works well to harmonize the Energy in a room.
 - Other tools such as gongs, bells, singing bowls, tuning forks, musical instruments where specific notes are played repeatedly, music, drums, chimes, rattles, clap sticks and the human voice producing specific sounds or repeating mantras

ETF: AFFIRMATIONS

Affirmations are used to nurture a new wholesome thought-habit until it becomes firmly rooted into a viable affirming new belief or habit. There are numerous Reference Books available containing clues for setting up the affirmation for a client. The affirmation is planted like a 'thought-seed', and you await the fruit of this seed, to blossom in your life. 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. The affirmation should not stress the body and often don't come up for clients until you have cleared the underlying emotions and negative thought patterns often simply by doing psychological groups. But WORK YOUR MENU!

1. Test out the affirmation word by word – must be worded positively and in the present tense.
2. Test how many repetitions, when in the day best?
3. How many times a day and for how long - days? weeks?
4. Anything else you need to know about the affirmation?

ETF: AFFIRMATIONS

Affirmations are 'A statement of something you'd like to be true in your life'. However, the mind learns by a process of questioning. Affirmations **use a question, rather than a statement**. 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. Affirmations succeed because the mind assumes (presupposes) the information in the question to be correct.

Test out **(i)** the question **(ii)** how many repetitions, when in the day best? **(iii)** how many times a day and for days? weeks? **(iv)** Anything else you need to know about the affirmation?

HK Energy Toning Movements

Repeat each cycle of movements at least 7 times or until you get a yawn.

Right hand = Red / Green Circles = start and finish

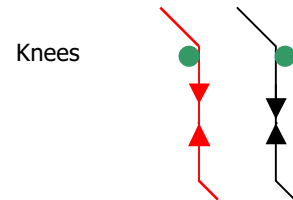
GOVERNING MERIDIAN

SITTING: Do both hands together

Slide hands in opposite directions, so the right hand goes down the shins over the toes whilst the left hand goes up to the top of the thigh. keeping contact with the body all the time.

Now reverse the movement so the right hand goes up the shin/thigh to hip, whilst the left-hand slides down the thigh/shin and over the toes, then the hands return to the knees.

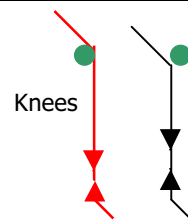
START & FINISH: Hands on knees



CENTRAL MERIDIAN

SITTING: Do both hands together Start & Finish: Hands on knees

Slide both hands simultaneously down the shins and over the toes then back up the legs to the hips and back to the knees.



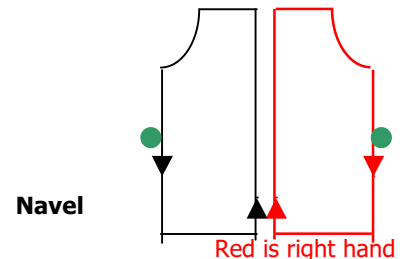
GALL BLADDER/LIVER MERIDIANS ("Waistcoat")

STANDING: Do both hands together

Start & Finish: Hands crossed to opposite side at bottom of the rib cage

Slide hands down the sides to the waist, across to navel, then up the centre to the collarbone.

Cross the arms again to the opposite shoulder (left hand on right shoulder/right hand on left shoulder), down round the inside of the "armhole" and down to the bottom of the ribcage again.



BLADDER/KIDNEY MERIDIANS ("Trousers")

STANDING: Do both hands together Start & Finish: Both hands on the navel

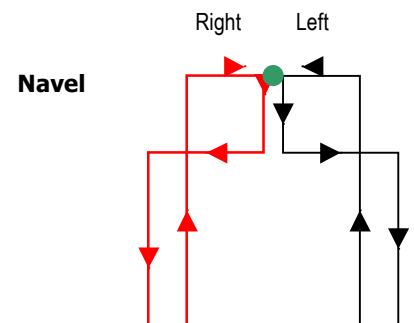
Straight down to the pubic bone

Slide out to the hip

Down the sides of the legs to the knees, round behind the knees

Slide hands up the back of the legs to the hips

From the back of the hips round to the navel again



HK Energy Toning Movements continued

LARGE INTESTINE MERIDIAN ("Long sleeved shirt with gloves")

SITTING: Right side only with left hand

Start & Finish: Left hand on right upper breast bone, slide hand out to right shoulder

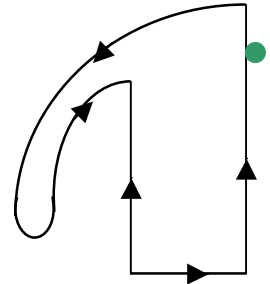
Down the outside of the right arm to back of the right hand

Keeping contact slide over the fingertips and palm

Then slide up the inside of the right arm to the armpit

Down the side of the ribs to the waist, and across to the navel,

Up the midline to the upper breast-bone.



LUNG MERIDIAN ("Long sleeved shirt with gloves")

SITTING: Left side only with right hand

Start & Finish: Right hand on upper breast bone

Right hand on left upper breast-bone, slide hand out to left shoulder

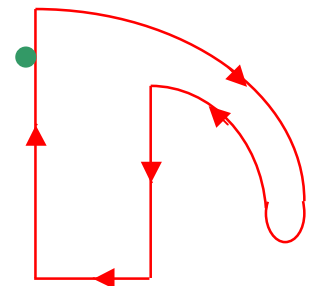
Down the outside of the left arm to back of the left hand

Keeping contact slide over the fingertips and palm

Then slide up the inside of the left arm to the armpit

Down the side of the ribs to the waist, and across to the navel,

Up the midline to the upper breast bone



STOMACH/SPLEEN MERIDIANS ("Triangles")

Sitting do both hands together / Start and Finish: Both hands at the navel

Cross the arms and slide the hands out to the opposite lower rib cage

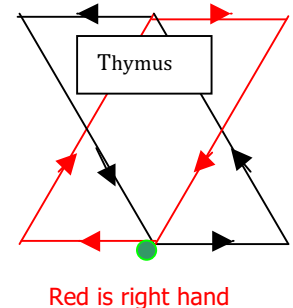
(Left Hand to right rib cage/right hand to left rib cage)

Slide hands diagonally up to thymus

Cross arms again and go to top of the opposite shoulder

Left hand to right shoulder/right hand to left shoulder

Slide hands diagonally down to the navel.



HK Energy Toning Movements continue

TRIPLE WARMER/CIRCULATION SEX (Checking your assets)

STANDING: Do both hands together

Start & Finish: Left hand on left breast, right hand on right breast

Slide hands straight down to the front of the hip at the pubic bone

Into the centre of the body and then straight up to the neck

Cross arms and go to the front of the opposite shoulder

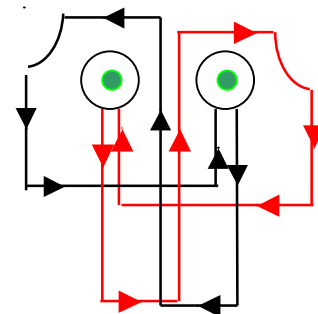
(Right hand to left shoulder / left hand to right shoulder)

Slide round inside armhole

Down to lower rib cage - arms still crossed

Uncross hands and back to starting place

(Right hand on right breast / left hand on left breast)



Red is right hand

SMALL INTESTINE/HEART MERIDIANS

STANDING: Do both hands together

Red is right hand

Start & Finish: Hands placed together on middle of breastbone

Slide hands together up to top of the throat

Now slide the hands out to the opposite shoulders

Right hand on left shoulder / left hand on right shoulder

Slide hands down round the armhole to under the armpits

Now slide the hands across to the breast on their own side

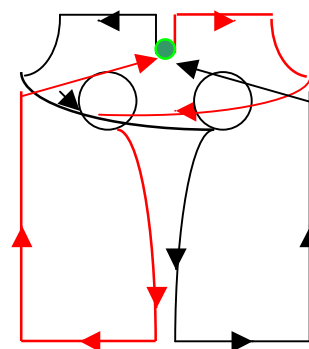
(Right hand going to right breast / left hand to left breast)

Now slide the hands down midline of body to pubic bone

Slide out to the hips - right hand to right side / left hand to left side

Both hands slide up their side of the body to the armpit

then slide the hands diagonally across to mid-breastbone



Energy Toning Factor: Energy Toning Movements by Dr. Jimmy Scott

Diagrams originally drawn by Margaret Theaker, in 1996, for inclusion in my HK 4 Manual and adapted by Rob Adams in 1998 – both past HK students who trained with me

If done regularly first thing in the morning each day these Energy Toning Movements will ensure that over a period of time that the Meridian Energy System will come into a robust balance

ENERGY REDIRECTION FACTORS

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.

Next thing to do an Energy Redirection Factor: Focused Energy Redirection

Steps	What to ask/say	What to do
1. Identify the tissue area	Ask , "Are we redirecting the Energy into an area of pain or injury?"	Record as ERF: FER 'name the area' in the Item/Other Factor column
2. No. of items	Ask , "For this ERF: Focused Energy Redirection which is directing existing balanced energy into 'name the body part' we have at least one item?" etc.	
3. Find the points to refocus the Energy	(i) Ask , "For this group of ERF: Focused Energy Redirection for 'name it' are we holding NLS? / NVs? / EPs? / Sed? / Act?" As soon as you find one Reflex Energy circuit ask, "Any other Reflexes?" ↑ / ↓ (ii) Ask , "Are we holding in just one Element?" If ↑ ask , "Element Zero, 1 or 2?" and continue through the Elements to find which one. If ↓ to just one Element ask , "Element Zero, 1 or 2?" identify and keep asking till you have at least 2 Elements then ask, "Any other Element?" ↑ / ↓	Record in the Reflex and Element/s Look the points up and decide how to hold them
3. Stimulus?	Ask , "Are we using part or the whole of your right/left hand?" ↑ / ↓ "A finger or part of a finger?" etc	Must use client's own hands
4. Set up item	Once you have identified the part of the hand to be used to provide the stimulus to guide the existing balanced energy to the area ask , "Do we need to just touch lightly/apply pressure, heat or cold/ stretch the area or apply light movement across the area or back and forth over the area?"	Things to consider are (i) pressure (ii) heat (iii) cold (iv) stretching (v) movement
5. Hold the points	Ask client to continue touch the area as tested and between you hold the points.	You may need to held the Yang/Yin down one side of the body then the other side.
6. Done and robust	Ask , "Have we held these points for long enough?" ↑ / ↓ then ask , "Any further benefit in holding the points for longer?" If ↑, ask , "Is this item robust?"	
7. Next item	Repeat steps 4, 5 and 6	
8. Complete?	Ask , "Is this group of ERF: Focused Energy Redirection for directing energy into 'name it' now robust and complete?"	

A characteristic of Energy Redirection Factors is that they either work straight away or nothing appears to happen for several weeks until down the line it suddenly "happens".

ERF: FERs may be done, with permission, out of priority.