

*Bio-Energetic Kinesiology - The HK System
also known as Natural Bio-Energetics in North America
developed by Dr. Jimmy Scott*



HK 5 Reference MANUAL **Ann Parker**



Find your Way with HK



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

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I have chosen to simplify the setting up of the Energy Correction Factors and summarize all the important theory from Dr. Scott's Manual, the originator of the Health Kinesiology System. It has been work in progress since the first HK class I taught in February 1994. It may not be translated, reproduced, shared or copied by any means without my specific permission.



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.

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



(i) MEB (ii) EP? (iii) "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 my HK Manuals, to define your Issue name. If ↓, it's a CSI - so name the focus. 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 FULL 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?" etc 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 - it is usually only one or two Factors to be cleared before you can proceed with completing the original Issue.

ENERGY CORRECTION FACTORS					
ENERGY CONTROL SYSTEM	PSYCHOLOGICAL		ENERGY FLOW BALANCE		
Membrane Configuration Behaving Experiencing Feeling Knowing	Gerund Common Gerund Common Topic Underlying Theme Experiential	Imperatives! Straight Demands! Demand me! Be! Give me! Don't verb!	Chakras Type 1 (number of items each with a magnet and a thought) Multiple (one item targeting several Chakras and a thought)		
Belief System Elimination	Being / Not Being		Sensory Energy Function		
BBEI	Linked Opposites	(Linked Words)	External		
Alignment One item with 4 aspects Body Position or a Do Magnets Self-Touch Thought	Fears Fear of (not) Fear of being (not) Fear of gerund (not) Fear that (I) Fear for	Sentences - Statements - Questions?	Vison Audition Olfaction Gustation Cutaneous Vibration External Magnetic		
Electro-Magnetic Field	I feel / I am	Body Parts	Internal		
Spin		Named People (Places)	Kinesthesia Internal Sensory Feedback		
Electric Current	People Me	PSR- Concern	Cognitive - Sensory Energy Integration (C-SEI)		
Scar	NV 'I' items	Concept / Experience	Foreground/ Background		
Other			Thinking Processes		
Pain	Phobia	ESR	Modes		
Phantom Sensations			Remembering		
Combined Synergetic Expression	TISSUE ENERGY BALANCE		Understanding		
Chakra Cell Spin	PSYCHO-PHYSIOLOGICAL		Learning		
LIFE TRANSFORMERS	POINTS / OPERATION MATRIX (P/OM) SYMBIOTIC ENERGY TRANSFORMATION		Body Position Memory		
Allergy / Detox	◆ Tolerance	◆ Tapping (Allergy EP 2, 4) and (Tolerance (NL) 2,4)			
ENERGY REDIRECTION FACTORS - Focused Energy Redirection (ERF: FER)					
ENERGY TONING FACTORS					
Affirmations	Energy Toning Movements		Essential Oils (Aura Sweep, Sniff)		
Reactivation	Meridian Tracing		Cross Crawl		
	Colour (Look through/at, Aura Sweep or Wear for a period of time) Sound (Bells, Tuning Forks, Drumming, Specific Music)		Life Transformers		
ADJUNCTIVE FACTORS					
Activities		Tools*			
Rest	Play	Magnets	Colour		
Sleep	Work	Vibrational Essences	Sound		
Exercise	Nutrition	Essential Oils	Symbols		
Life Balance	Degauss	Life Transformers	None of these -INFORMATION		
*Any of these tools can be used in Energy Correction Factors, Energy Toning Factors and /or Adjunctively					
ENVIRONMENTAL FACTORS					
Toxicity	◆	Disturbed Earth Energy and EMF			
Finishing the session:					
<ul style="list-style-type: none"> Ask, "Is there anything we need to know about the next session?" Ask, "Is there anything we need to do before we stop to aid Stabilization / Harmonization / Integration / Progress or the smooth Processing of the work we have done today? (SHIPP)" Ask, "Is there anything else we need to do or test for you before you leave this couch?" Ask, "ENERGY PERMISSION TO STOP?" 					

What I tell people who ask me how HK works. "HK works with the energies flowing through the Meridians – the same ones that the acupuncturists use but we touch the points so there are no needles involved. We balance the Meridian Flow at the very beginning of the session so we are able to 'ask the body' through muscle monitoring where is the best place to start to unravel the distorted vibrational Energy Patterns that are locked in the body. You would call these distorted Energy Patterns – 'stress'."

TYPES OF STRESSORS

1. Physical stress – exercise, hard labour, birth, lack of sleep
2. Chemical stress – Environmental pollution such as exposure to pesticides and cleaning solvents, and the personal use of chemicals such as drugs, alcohol, caffeine and nicotine
3. Mental stress – high responsibilities, long hours, perfectionism, anxiety and worry
4. Emotional stress – anger, fear, frustration, sadness, betrayal, bereavement
5. Nutritional stress – vitamin and mineral deficiencies, protein or fat excesses or deficiencies, food allergies
6. Traumatic stress – infection, injury, burns, surgery, extreme temperature
7. Psycho-spiritual stress – relationship, financial or career pressures, issues of life goals, general states of happiness.

Stress is anything that dis-organizes or debilitates any aspect of physical, emotional or intellectual functioning. As you can see from the list above there are many different types of stress. Stress causes not only our physical body systems to go out of balance but also distorts the energies flowing down through the subtle bodies.

The Central Nervous System has two parts – Sympathetic Nervous System and the Parasympathetic Nervous System that ideally should be in a state of balance. The Sympathetic Nervous System is the alarm system for the body switching on the 'fight or flight' response in order to save us. When we go into fight or flight a number of things change – the blood flow stops going to the brain, the stomach, the kidneys and the liver but goes instead to the muscles so we can run faster or fight harder. This is the way people, and animals for that matter, have survived over millennium. The restricted blood flow to the cells starves the cells of oxygen and nutrients and toxic waste builds up so growth and repair grinds to a halt. Stress causes chemical changes in the body and over a long period of time these chemical changes attack other physical systems and structures.

At a physical level, an optimally functioning immune system is capable of healing any health issue with amazing speed and efficiency. If, however the body is constantly in 'fight or flight' mode because of the deep-seated stress locked away in cell memory or in the subconscious mind and often outside our conscious awareness the immune system becomes overloaded, overworked and eventually is incapable of dealing with our physical and psychological problems.

Information on Stress continued

Using the amazing energy tool that is HK, we work to release stress from a client's physical body as well as helping them to resolve and release from cell memory their emotional and negative thought patterns causing psychological stress of which they may or may not be aware. Release the stress, turn off 'the fight or flight' response and the immune system is able to recover and to perform its key function to heal the body.

Research conducted at both Stanford University Medical School and the Southwestern University Medical School says whatever is going on in our lives right now is only partly responsible for our failure to achieve good health, enjoy loving rewarding relationships, be successful in our careers and generally be achievers. They believe that emotional stress often due to the meaning we attach to certain situations or events along with the destructive cellular memories that are encoded and stored in our hearts and minds is the major cause of stress. When we have misunderstood a situation at the time it occurs, it becomes encoded into our cell memory and without us realizing it, this misunderstanding affects the way we react in current time.

A RECAP ON WHERE SPECIFIC HK CORRECTIONS ACT ON THE BODY

THE ENERGY CONTROL SYSTEM is a function of the body, brain and mind. It monitors all the body's energy needs and then switches the acu-points on and off to take up and distribute the energy along the meridians and down into the tissues and organs. It provides clear communication between the brain and all the functions of the body.

It consists of: -

(i) The NERVOUS SYSTEM - electrical impulses that

SENSE	internal and external sense systems
MONITOR	the body's needs
CONTROL	intake/excretion of food, water, air, metabolism, motor functions

(ii) The ELECTROMAGNETIC SYSTEM that

MONITORS	energy needs
OPERATES	acu-points and meridians
REGULATES	energy to tissues and organs
SENSES	injuries
POWERS	immune system
STIMULATES	healing
CONTROLS	excretion via lymph
CONTROLS	pituitary and pineal glands

The Energy Control System is responsible for -

- maintaining precise communication between the brain and the tissues for all aspects of metabolism
- for the uptake of energy through the acupuncture points and its distribution through the acupuncture meridians and circuits
- for delivering the right kind and amount of energy where it is needed by releasing the energy through the walls of the meridians into the tissues

It is electromagnetic in nature and can be disturbed by external electromagnetic fields. Almost every dysfunction involves the ECS.

Disturbances in the ECS may cause: -

- Impaired healing
- Impaired intellectual function
- Needless pain
- Phantom sensations
- Interference with cell function
- Toxic overload
- Spatial dyslexia

HK CORRECTIONS WORKING WITHIN THE ENERGY CONTROL SYSTEM – ECS

ECS: BODY BRAIN ENERGY INTEGRATION

BBEI items deal with unblocking the energy flow from some specific body tissue area and allowing it to flow back to the brain. They are early and in many cases irrational fears set up in the womb (particularly in the last two months before birth) and within the first two months after birth. The ECS: BBEI correction is the only correction in the whole HK menu that both TLs and corrects at the same points – Anterior Fontanel and Frontal Eminences.

ECS: MEMBRANE CONFIGURATION

- Working at cellular level unblocking receptor sites in cell walls. Every cell has numerous receptor sites on its walls to allow passage of nutrients and wastes into and out of the cells. These receptor sites can become blocked by look a like molecules, particularly drugs, but also by our emotions.
- The ECS: MC items unblock the receptor sites allowing either nutritional minerals, vitamins, water, lipids and / or metabolic products to pass through and nourish the cell or release toxic levels of substances for the body to safely offload through the regular eliminative systems.
- Each group of ECS: MCs target a specific tissue area of the body and are another 'joker in the pack' in that the group of items may be from different categories
- Clients must resonate to the item to generate and access the pattern of stress.

Corrections working within the Energy Control System continued

ECS: BELIEF SYSTEM ELIMINATION

The BSE protocol helps to eliminate or reduce belief systems that are deeply held and are holding us back, keeping us in emotional captivity. Negative statements we hear, especially if spoken by people we trust or who "have power over us" (parents, teachers, authorities, etc), can become locked into the bio-energy system, and held as true, long after the initial statement or situation was consciously forgotten. These beliefs help shape our behaviour and attitudes toward others, the world and ourselves in general.

ECS: ELECTRO-MAGNETIC FIELD

These corrections help to eliminate disturbed electric currents anywhere in the body caused by

- external EMFs
- physical trauma
 - injury
 - surgery
- psychological stress
- chemical trauma
- geopathic stress

ECS: ELECTRIC CURRENT

EC corrections reduce or eliminate the effects of the abnormal electric currents, created by having 2 or more dissimilar metals in the body.

These ECS: EC seem to be particularly implicated in the following physical disturbances

- impaired intellectual function
- digestive disturbances
- toxic overload

ECS: SCAR

Scar corrections allow the normal flow of meridian energy through the tissue of the scar and this often allows the body to begin to dissolve the scar although this is not the purpose of this correction. To set up the vibrational stress pattern the Client's own fingers must be used. For each ECS: Scar correction each item in the group **targets one specific scar**.

ECS: PHANTOM SENSATION

Phantom sensation corrections help eliminate pain or discomfort and re-establish normal energy flow and nerve function after surgery. In spite of the organ, limb or gland no longer being there physically, the client is still experiencing the same pain or worrying sensations as they did when physically complete.

Corrections working within the Energy Control System continued

ECS: COMBINED SYNERGETIC EXPRESSION

The ECS: CSE is set up similarly to an SET but **works in the body at the metabolism level**. It only has one item but with one or more aspects. It may also have a psychological aspect if essential oils or vibrational essences are used as one or more of the aspects. TLs simultaneously at TW 21 and navel. Substances are placed on the thymus. There is a direct connection between the thymus and metabolism. 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 significant part in nucleoprotein metabolism. Nucleoproteins tend to be positively charged, facilitating interaction with the negative charged nucleic acid chains.

ECS: ALIGNMENT

Alignment corrections properly tune, correct, synchronize or co-ordinate multiple energy circuits in the body's own electromagnetic energy systems so everything works well together. Each alignment item has 4 aspects - body position, magnets, hand/s and a thought.

Always just one item with 4 aspects – Body Position **or** Do, Magnets, Self-Touch and a 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 'Do' is curling the tongue over and placing it to the roof of the mouth then it links up the Governing and Central Vessels for the Energy to follow in one continuous loop and on a physical level it also stimulates the pineal gland. Other possibilities for the Do could involve olfaction or audition. If olfaction comes up, do check there isn't an allergy component with the 'substance to smell' before adding in as one of the aspects. TW 21 in the clear ↑, place substance on CV 6 and then TL TW 21. If ↑, you are ok to use as one of the aspects. If ↓, deal with the allergic response by following the procedure for setting up a Synergy Tap
- 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
- The **Self-Touch** will release Energy blockages in the tissue area under the hands and allow Energy to return to normal flow through the tissue area so nutrients can be absorbed or toxins released.
- The **Thought** will release stagnant Energy blocked in the Meridians and from cell memory.

ECS: Chakra Cell Spin (CCS)

The correction seems to adjust the spin at cellular level at the site of the major 7 chakras. The Chakras have a particular spin, as do the cells within them. When all of the cells are spinning in a congruent way, it allows for the Chakra to then spin correctly.

* See appendix page

Corrections working within the Energy Control System

ECS: SPIN

Spin corrections help the energy through our personal EMF to spin correctly as well as working at the cellular level within a body. The body's cell energy spins counter clockwise in healthy normal cells. Our energy spins as it moves and the spin is an integral part of the electro-magnetic system. The places are often over the chakras.

Disturbances in the energy spin and spin reversals could be caused by one or more of the following

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

Possible 'symptoms' or indications of disturbed energy spin

- high sensitivity to chemicals
- high sensitivity to electrical or magnetic fields
- chakra disturbances
- confused or foggy mind
- can't wear watches – they won't work
- confusion between left and right
- poor sleep patterns or poor quality of sleep
- To set up the pattern of stress we need to spin the energy in specific places on the body.
- Each item may have more than one place where the energy is being spun.
- Which direction the energy is spun will be important for each place.
- To spin the energy, we can use -
 - Fingers (Direction, Speed and Distance off body will be critical)
 - Small weak magnets
 - Life Transformers (Protection from EMF and Protection from GS only)

PSYCHOLOGICAL STRUCTURES

Psychological corrections unblock energies at the meridian level caused through stress around specific thoughts, emotions and limiting beliefs. To highlight the stress the client simply thinks the item. Each of the psychological structures has a different energetic feel. As you come through the HK training to advanced level you will find that the regular psychological structures, the irregular structures and the psychological constructs will make up a significant part of your menu.

TISSUE ENERGY BALANCE

TEB corrections specifically address energy blockages at tissue level where toxins are locked in or nutrients are unable to access the cells because of an energy blockage. We are addressing energy flowing through the physical tissues, rather than the meridians. The energy transports the operational commands and information to the individual cells so they can function optimally. TEB activates the bio-energy flow. Unless this energy is flowing freely through the tissues and into the cells the repair and normal functioning of the cells does not occur optimally. The client's hands are used to activate the vibrational energy pattern. The following could cause blockages to the tissue energy necessitating a Tissue Energy Balance correction: -

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

PSYCHO-PHYSIOLOGICAL

Psycho-physiological corrections act in two ways - like a Tissue Energy Balance and a Psychological so these corrections are working to balance the energy in both the meridians and tissues. Each item has both a thought and hand placement to highlight the stress the pattern.

POINTS / OPERATION MATRIX

P/OM corrections can be acting anywhere within the energy system. Although every HK correction can be displayed across the Matrix the purpose of the P/OM correction is to enable us to customize a specific unique correction for a client. In some cases, we are actually setting up a known HK energy correction but we just don't know it yet. The energy of the correction is out there on what I call the HK Internet.

There are obviously corrections which would specifically target the Energy Control System that do not appear as such on our menus but using the knowledge of the Points / Operation Matrix we are able to access them for an individual client. I call these ECS: Other.

SYMBIOTIC ENERGY TRANSFORMATION - SET

Allergy (Disturbed Reactions) and Tolerance

Many people have adverse reactions from substances with which they come into contact. These disturbed reactions are actually an altered energy response at tissue level causing the body to throw up some symptom. It is essentially a problem of non-recognition of the substance by the body energetically, so that it does not respond appropriately. Nutrients are excreted or stored instead of being metabolized and utilized while toxins are stored instead of being excreted through the correct eliminative organs.

Dr. Scott's protocol for SET: Allergy /Detox enables the HK practitioner to make changes in the tissue energy by holding the End Points of all the meridians in Element sequence. Jimmy says that the key causes of these alerted energy reactions are Geopathic Stress and over-processed foods. I personally believe that one of the main causes of the body responding inappropriately is emotional dysfunction. Doing the psychological structures from our HK menu will often deal with these disturbed reactions quickly. The SET: Allergy / Detox correction allows the body to react to the substance appropriately. Stored nutrients are drawn from the tissues to be metabolized in order to nourish the cells while toxins are excreted through the appropriate channels.

The substances that the body struggles to deal with appropriately can form strong bonds with the receptor sites in the cell walls and block the passage of nutrients and wastes. This means the symptoms of toxicity and allergy (bio-energetic disturbed reactions) are identical from an energy point of view. A toxin is anything that interferes with normal metabolism. An SET relates to **energy patterns** so anything with the same basic molecular pattern in it will get done as well. Ideally the eliminative organs must be functioning well before doing any SET: Allergy / Detox corrections to enable the client to have a smooth healing process as the body goes into spring-cleaning mode.

There is a tolerance limit to every substance, no matter how beneficial. Whenever we have an energetic disturbed reaction to a substance we will automatically have a zero tolerance to that same substance. It is possible for us to have a zero tolerance, we cannot handle any amount of the substance and yet the body recognises the substance as either a nutrient or a toxin. Take lactose for example – your body might recognize that it is a nutrient but the body still cannot tolerate it because you have no lactase with which to digest the lactose.

The symptoms for intolerance are the same as for Allergy (Bio-Energetic Disturbed Reaction) but what is happening in the body is quite different. Allergy is an energy disturbance at tissue level whereas Tolerance is the volume of a substance that the body can handle /process without an adverse reaction.

The medics and the general public do not distinguish between these reactions and tend to label them all as either 'allergy' or 'intolerance'.

Symbiotic Energy Transformation - continued

Our tolerance levels for everything we come in contact with vary from day to day and even from hour to hour and minute to minute – the tolerance levels depend on how well we are feeling and how much of the substance we have eaten or been exposed to within the past few hours / days. Be sure to stress this and warn clients if they are feeling below par, for whatever reason, to avoid the substances for a few days because their tolerance levels would have dropped

On the menu, we have under Symbiotic Energy Transformation

SET: ALLERGY / DETOX - Hold all the End Points in HK Element sequence

SET: TOLERANCE - Hold all the Neurolymphatic in HK Element sequence

TAPPING - ALLERGY (Synergy) Touch H 1 Bilaterally for permission to tap and then **tap EP 2, 4** to correct – tapping both ends of each Meridian in HK sequence.

TOLERANCE TAP - Sp 21 Bilaterally for permission to tap then tap **Special NLs** of 2, 4 to correct

(i) Client's hand over navel & client taps B 1 while you tap K 27 and **(ii)** Client's hand under their Left Breast & client taps St 1 while you tap Sp 1

ENERGY FLOW BALANCE

In general, Energy Flow Balance corrections facilitate the processes of receiving and understanding physical sensory input and work with the way the energy flows through the physical body.

EFB: CHAKRA Type 1 –

EFB: Chakra Type 1 corrections affect the way the energy flows from the chakra through the rest of the energy system. Each item within the group needs a magnet on the particular chakra and a thought before the vibrational pattern is highlighted.

BODY POSITION MEMORY

EFB: BPM corrections release trauma that has been locked down into the cell memory when the body was in a particular position. They require every part of the body to be placed in an exact position in order to highlight the stress pattern.

SENSORY ENERGY FUNCTION

EFB: SEF corrections address stress along the sensory nerve pathways as information comes in from the environment through the sense organs to the brain. They are divided into Internal Sensory Functions affecting the five key senses and vibration and the External Sensory Functions – Kinesthesia, External Sensory Magnetic and Internal Sensory Feedback.

COGNITIVE SENSORY ENERGY INTEGRATION

EFB: C-SEI corrections address the stress generated as the brain attempts to interpret the information coming from the senses.

LIFE TRANSFORMERS

When using as an energy correction there are two possibilities

- (i) A number of Life Transformers placed on the body at the same time while points are held.
- (ii) More unusually, the group could have a number of items with each item being an individual Life Transformer.

ECF: LT is another joker in the pack of ECFs, as when we use **Life Transformers for an ECF the item does not TL**. When you feel the energy change – ask, "Would there be any further benefit in holding these points for longer?"

It is possible to use the same Life Transformer within a different group of work. Each time we do a correction with a LT, the body may take on board a different selection of the psychological items or vibrational patterns embodied in the LT.

The Life Transformers 'Protection from EMF' and / or 'Protection from GS' can be used to spin the energy within an ECS: Spin correction – only the placement needs to be considered.

Other factors on the HK menu: -

ENERGY REDIRECTION FACTORS

These factors concentrate existing balanced energy into a specific area to speed up healing or encourage the body to find other ways of dealing with stress. The Energy Redirection Factors provide the body with a new control panel instructing the body to update its existing programmes where appropriate.

Focused Energy Redirection Factor

ERF: FER takes existing balanced energy and redirects it for some specific purpose. This specific procedure (not correction-as we are not correcting but redirecting) redirects the energy into some specific tissue area of the body. 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 is carried out on a client.

ENERGY TONING FACTORS

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. In general, the Energy Toning Factor needs to be repeated over a period of time before the full healing effect can manifest. Depending on which Toning Factor we are doing different specific subtle bodies are strengthened.

Energy Toning Factors continued

AFFIRMATIONS

Affirmations are used to nurture a new wholesome thought-habit until it becomes firmly rooted into a viable affirming new belief or habit.

1. Test out the affirmation word by word - 'Heal Your Body' by Louise Hay is often a good starting place.
2. Test how many repetitions and if there is a best time of day to do the affirmation.
3. How many times a day and for how long - days? weeks?
4. Anything else you need to know about the affirmation?

EMOTIONS TRAINING

Emotions are generated in the Emotional Body while we feel them in the Etheric Body and experience the feeling in some part of the physical body. Emotions Training, an Energy Toning Factor, strengthens the connection between the Emotional (Astral) and Etheric bodies.

HK ENERGY TONING MOVEMENTS

These are designed to exercise the meridian energy flow. The person must do them on himself/herself. The complete cycle done on a regular basis strengthens the interface between the Etheric and Physical bodies and helps us stay in a robust meridian energy balance. They can also be used to strengthen particular meridians e.g. 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.

LIFE TRANSFORMERS

Life Transformers were developed by Dr. Jimmy Scott and are crystals that have been energy modified and enhanced to permanently carry a particular psychological or energy-protective pattern. Initially Dr Scott intended LTs to be used as Energy Toning where the LT is worn for a period of time, from several weeks to months, during which the LT emits a psychological energy pattern, which the person gradually integrates. It could be thought of as a slow-motion energy correction. Dr Scott has tested where on the body the Life Transformer should be worn in order to maximize the benefit to the wearer. In some cases, it may be appropriate to hold points to help start the integration process for the client.

1. For Energy Toning test which one/s the client should wear.
2. Where should it be worn? For how long per day? For what period of time? (Counting in calendar time / activity time?)
3. Remember they need to be cleansed under a cold tap for a number of minutes each week unless they are Protection Life Transformers, in which case they need to be cleansed daily.

Energy Toning Factors continued

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

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

ESSENTIAL OILS

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. I feel that used at the beginning of the session they 'open up' the client's energy system to enable us to work at a much deeper level within the session. Used at the end of the session they help to facilitate a smooth healing process for the client. If the ETF: EO comes up part way through the session then it helps to facilitate the smooth process for the work already done within the session and 'open up' the client's energy system to enable us to work at a much deeper level for the other work still to be completed within the session.

1. Test what you are doing with the essential oil – **sweeping through the aura** or is the client **sniffing** it.
2. Identify the oil – usually only one but occasionally a mix of two.

If aura sweeping, check if you need to do just the front of the body or have the client off the couch and do a whole-body sweep or are you doing figures of eight (the direction you start will be important). 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. You **can also use colour or sound** for an aura sweep.

MERIDIAN TRACING

Meridian tracing through the Horary Cycle enhances and tones the meridian energy flow. It strengthens the interface between the Etheric and Physical Bodies. Tracing specific meridians a number of times in sequence will strengthen the energy flow through the specific meridian itself as well as strengthening the interface between that meridian and the physical body.

It gives a pleasant, refreshing, grounding experience. Anyone can do it on you or you can do it for yourself.

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 the physical body support changes in the subtle bodies and in some cases to ensure long term physical well being. They are the client's commitment to their healing process.

PLAY:

Play is a very important part of a person's life balance. The best play is spontaneous enjoyment of some activity. Doing just what we feel moved to do when the mood takes us is play.

Busy professionals often have a low play index

An alternative to play could be belly laughter - watch something that really tickles your fancy!

EXERCISE

The three basic types are **(i) aerobic, (ii) strength building and (iii) bending / 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 as in the 'Informed Touch Book'.

(i) Some particular type to exclude or decrease/ add or increase? **(ii)** Duration in one session? How many sessions per week?

(iii) Intensity? **(iv)** What is the optimum regime of exercise – one specific type or a mix?

SLEEP

Several aspects to consider – **quality** of sleep, **how much** sleep, 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 you to get up?
- Routine – Do you need to change some part of your going to bed or getting up routine? – Prayers, reading, watching TV, bath, shower, warm drink, food.

WORK:

- What they do for a living, housework, gardening, shopping, DIY, admin, cleaning and or maintaining the car, child minding and charity or volunteer work.
- As always, we are looking to obtain a balance. It is not our remit to advise them on a change of paid employment. Test for which type of work and then are we increasing or reducing the amount of time involved.

Adjunctive Factors continued

NUTRITION:

Gross diet -

- Something to exclude / include or decrease / increase - protein, vegetable, fruit, carbohydrate, condiments, sweeteners?
- Times of meals?
- Where they eat?
- Ritual at table? – Set with tablecloth and napkins, candles, flowers, prayers (food that is blessed has its life force increased)
- Digestion time and conscious eating?
- Food combining?
- Colour and tastes combination of the food? - Sweet, sour, bitter, salt, pungent and astringent.
- Food storage?
- Cookware? Stainless steel, glass, aluminium
- How it is prepared? – With love?

Fluid intake?

- Something to exclude / include or decrease / increase?
- Water quotient?

Nutritional supplements?

- Something to exclude / include or decrease / increase?
- Vitamin? Mineral? (Multivitamin combined with Mineral supplements is rarely a body's preferred option)

Tissue (Cell) Salts?

- Something to exclude / include or decrease / increase?

DEGAUSSING

This is a quick and easy way to deal with electro-magnetic smog. Disturbance in our electromagnetic field can be caused by: -

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

Adjunctive Factors continued

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. Ideally clients should listen to the Mozart piano or violin concertos as these bring the alpha rhythms of the brain into synchronization and allow the body to go into a deep state of rest.

- On a regular basis what is your optimum rest quotient? At least 10 minutes etc?

Other things you might need to know about rest:

- Where it is done? May be somewhere other than their bed
- If 20 minutes or more - Is it in one block or would it be appropriate and beneficial to break into 2 periods?
- The rest period should be at a specific time of day?

VITAL ENERGY:

Does the substance decrease the client's vital energy / vital force?

Test by placing substance on CV 6 while the client places one of their little fingers in their navel.

If arm TL's ↑ the substance will either increase or make no difference to the person's life force.

If arm TL's ↓ the substance will decrease the vital life force and if food, have to use the body's own energy to push it through the digestive system.

If arm TLs ↓ check if you may do some work to change this otherwise suggest the client avoids the substance.

LIFE TRANSFORMERS:

Life Transformers with an energy-protective pattern are worn as an adjunctive. 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)

Your personal notes:

ENVIRONMENTAL AND TOXICITY FACTORS

GEOBIOLOGY

HK recognizes many different types of energy, which cause Geopathic Stress - both earth energies and electro-magnetic pollution. A wide variety of methods are used to harmonize the energy so it no longer causes a problem. You can only reliably test for these energies if you have experienced and been made aware of them. I recommended you read Jane Thurnell-Read's book – 'Geopathic Stress and Subtle Energy' published by Life Work Potential and when you have completed your core subjects for the KF attending Dr Scott's Geo-Biology course would give you an excellent grounding in dealing with these energies. Remember that Geopathic Stress can be a cause of bio-energetic disturbed reactions and is implicated in many physical problems.

TOXICITY

Jimmy has always said that the most important work we do in HK is to raise our client's tolerance levels across the board so that all the substances with which they come in contact no longer challenge them. During the period that we are working to achieve this, clients often go back into situations at work or in their homes where they are exposed to toxic fumes. If it is not possible to remove from their immediate environment the cause of the toxicity then the correct plants placed in specific positions within the room can be very helpful in neutralizing the effect of the fumes on the client. I recommend you consider purchasing B. C. Wolverton's 'Eco-Friendly House Plants' published by Phoenix ISBN 0 -75380-046-2 or check out the following link - <https://learn.eartheeasy.com/articles/the-top-10-plants-for-removing-indoor-toxins/>

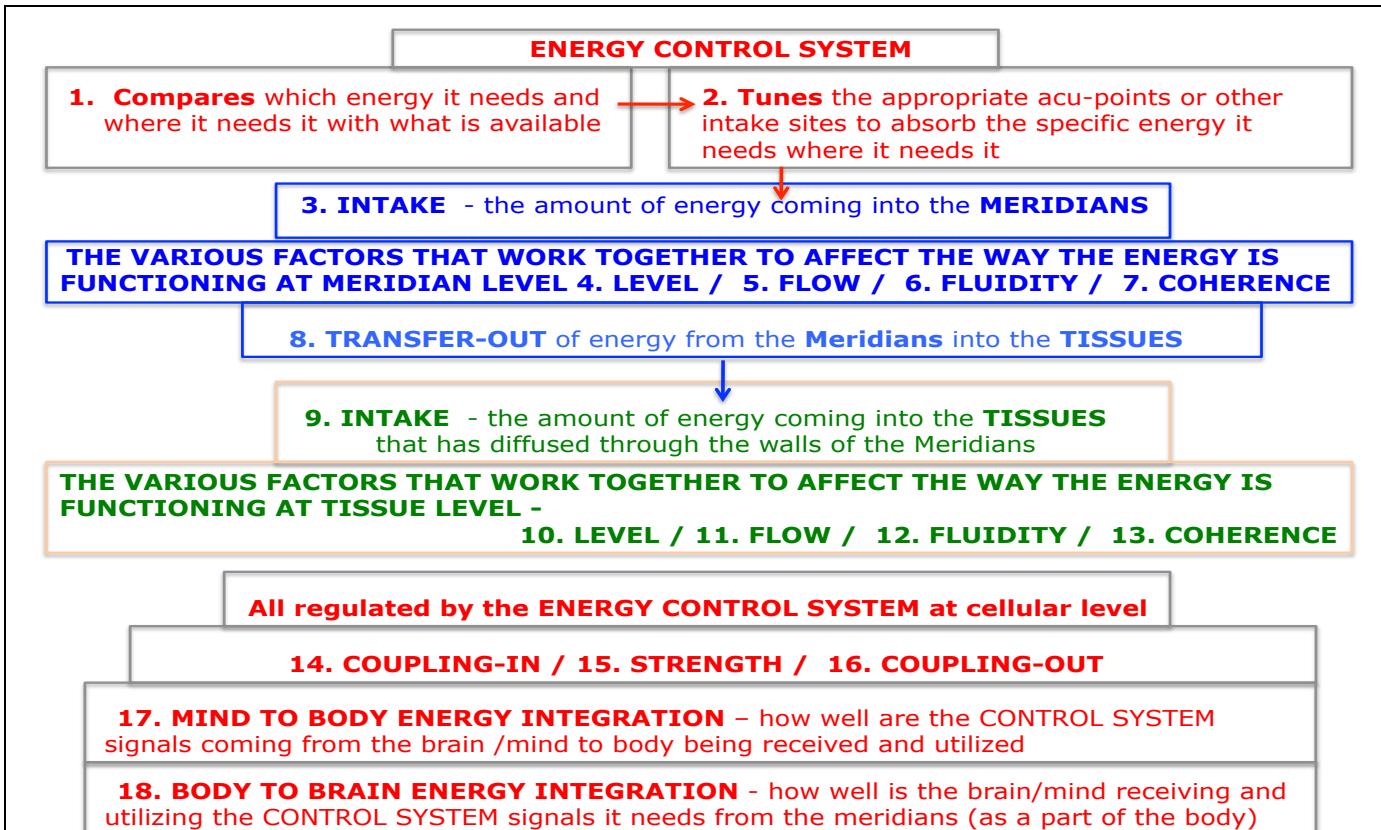
VIBRATIONAL ESSENCES - How they work within the energy differs between (i) taking vibrational essences orally and (ii) using them in HK corrections.

When taken by mouth, the 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 vibration pattern matches the stress or blockage in the cells and cancels it out.

When used in SET on CV 6 or in other corrections, it 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 SET Allergy correction they help the physical body process the toxic wastes more smoothly so the client experiences minimum discomfort while going through the detox process.

Many Homeopathic remedies are a copy of the vibrational resonance of a disease that stimulates the body's immune system into action.

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)

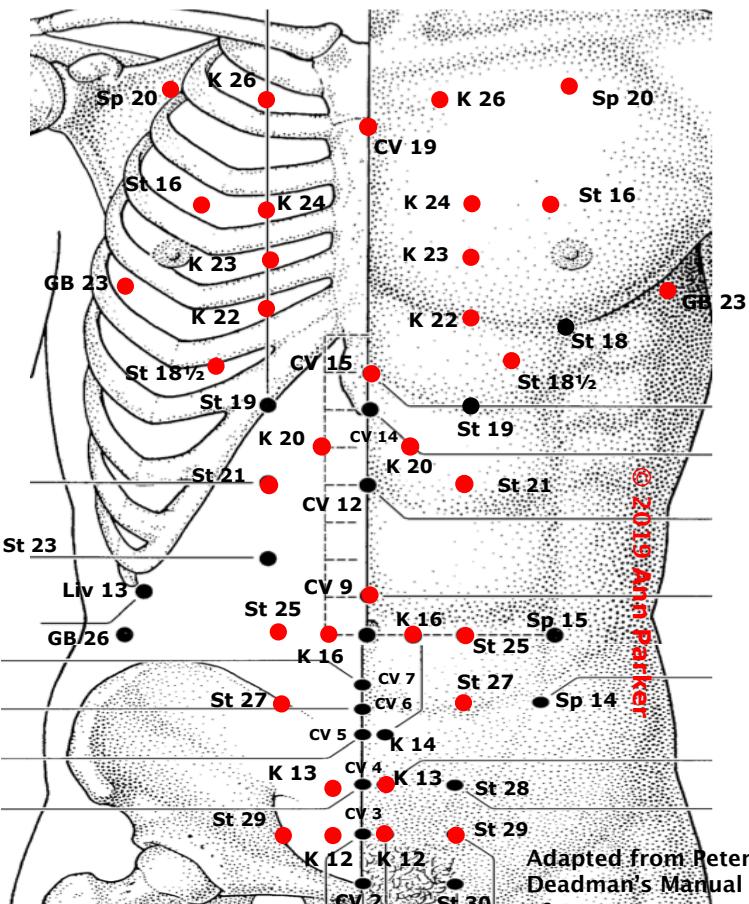
No 15 – Strength K 20 (one cun below the tip of the zyphoid process and ½ cun lateral to the midline)

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 zyphoid 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

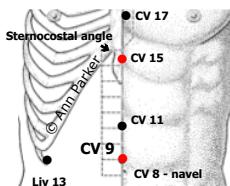
Your personal notes:

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 zyphoid process whereas CV 14 is just below the tip of the zyphoid

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

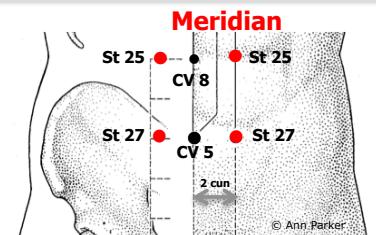


Control System

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

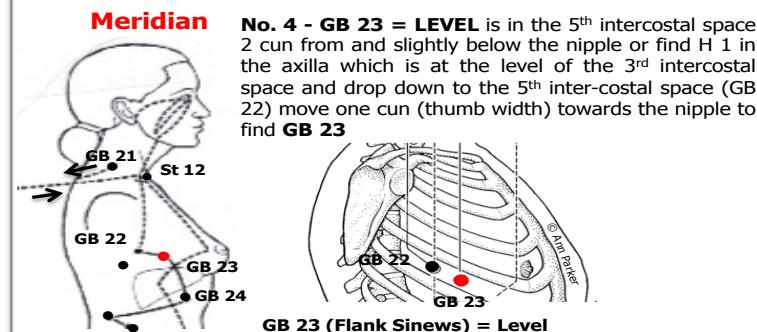
No. 2 - CV 9 (Water Separation) The Energy System then **TUNES** the appropriate acu-points or other intake sites (chakras) to absorb the energy it needs, where it needs it

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		K 24	Regulates both Lung and Stomach Chi
8.	TO-M	Transfer-Out		K 16	Regulates Chi

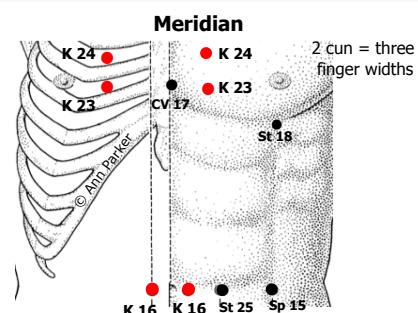


No. 3 - St 27 = INTAKE is on the lower abdomen, 2 cun lateral to the midline and 2 cun below the navel level with CV 5

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



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



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.

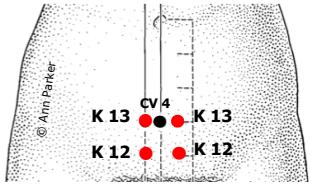
No. 7 - K 24 (Spirit Ruin) – The COHERENCE is how scattered or how 'together' or synchronized the energy is functioning. Similar to coherent light (laser). Not turbulent.

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

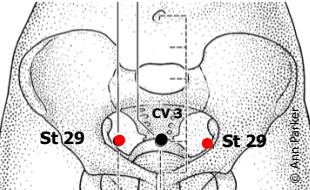
Dr. Scott's Health Kinesiology Bio-Energy Model continued

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

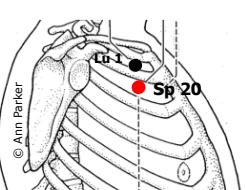
No.		Measure	Location	Significant Acu-Points	TCM Function of the Point
9.	I-T	Intake	At Tissue level	K 12 + K 13	K 12 strengthens the kidneys K 13 regulates the Lower Burner
10.	L-T	Level		St 29	Warms the Lower Burner
11.	FW-T	Flow		Sp 20	Regulates the descent of Chi
12.	FL-T	Fluidity		K 22	Regulates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



No. 9 - K 12 + K 13 = Intake
Both 1/2 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

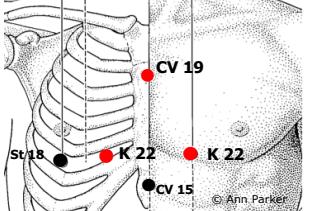


No. 10 - St 29 = Level on the lower abdomen 2 cun lateral to the midline and 4 cun below the navel.



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

1/2 cun = a finger width / 2 cun = 3 finger widths / 3 cun = 4 finger widths / 4 cun = a whole hands width



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

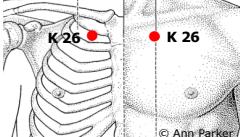
No. 10 - St 29 (Return) the energy **LEVEL** is determined by both the **INTAKE** and the **FLOW**

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

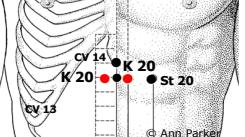
No. 12 - K 22 (Walking Corridor) the **FLUIDITY** is the viscosity of the energy. It may be viscous and sluggish or too thin so out of control

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

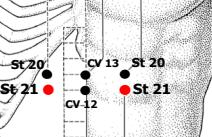
14.	C-I	Coupling-in	Control System	K 26	Regulates both Lung and Stomach Chi
15.	S	Strength		K 20	Harmonizes the Middle Burner
16.	C-O	Coupling-Out		St 21	Harmonizes the Middle Burner



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



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

1/2 cun = approx. a little finger width / 2 cun = 3 finger widths / 4 cun = a whole hands width or two lots of 3 finger widths

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?

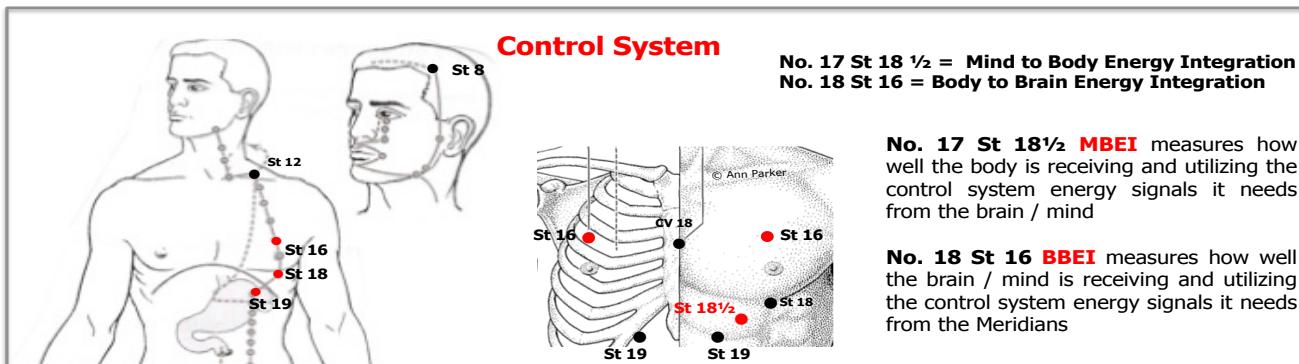
No. 15 - K 20 (Abdomen Connecting Valley)
STRENGTH How strong is the controlling energy at the cell?

No. 16 - St 21 (Beam Gate) **COUPLING - OUT** How well is the Energy Control System doing its job?

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 1/2	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



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

Coherence is powerful e.g. Soldiers have to get out of step when crossing a bridge otherwise the bridge could oscillate and damage its structure. The **Meridian Energy Balance** is **Energy Toning** as, like all Energy Toning Factors, it strengthens existing Energy pathways, but needs to be done repeatedly before a body will 'hold' the energy in balance under normal day to day living. Trauma on any level will throw the body energy 'out of balance'. The **MEB** is working with nos. 1-7 on page 6. The **psychological structures** affect **Fluidity** (no. 6) and **Transfer-Out** (no. 8) of energy in the Meridians as well as **Coherence** (no. 13) in the tissues. The Energy Control System: Body Brain Energy Integration only affects no. 18. Aromas affect **Fluidity** in the Meridians (no. 6), **Intake** (no.9) and **Fluidity** (no. 12) in the tissues as well as **Strength** (no. 15) and **Coupling-Out** (no. 16). Cross Crawl exercises are Energy Toning and they affect the fluidity in the Meridians (no. 6). Again, done repeatedly over quite a period of time they will help to release stagnant and blocked energy as of course will having repeated Touch for Health Balances.

Using the Bio-Energy Model for Meridian/Tissue Energy Chart above we have an alternative way of establishing where would be a good place to focus our energy work in order to ensure a successful outcome for our clients. At the beginning of the session you **always ask**, "To initiate a healing process for your concerns, help you achieve your goals and bring your energy system into harmony and balance how are we working today – in an Issue?" ↑ Regular Issue?" ↓ "Working with Dr. Scott's Bio-Energy Model?" ↑ Test through to find **which one or two of the Elements you need to check**. Identify and work through each section and each component checking if the Meridian is functioning optimally. Mark under-functioning measures with an 'x'. Name the focus for the work and **ask**, "What work do we need to do to bring these Elements into functioning optimally?"

Case Studies Client A – Focus: Activating the glutes when walking

MEASURING the MERIDIAN and TISSUE ENERGY FLOWS							
No.	Acu-Point	Measure	Location	Element 0		Element 4	
				GV	CV	St	Sp
1	CV 15	Compare	Control System				
2	CV 9	Tune		x			x
3	St 27	Intake					
4	GB 23	Level					
5	St 25	Flow					
6	K 23	Fluidity			x		
7	K 24	Coherence		x	x		
8	K 16	Transfer-Out		x	x	x	
9	K 12 + K 13	Intake	Tissue Level				
10	St 29	Level				x	x
11	Sp 20	Flow		x		x	
12	K 22	Fluidity					
13	CV 19	Coherence					
14	K 26	Coupling – In	Control System				
15	K 20	Strength					
16	St 21	Coupling – Out			x		
17	St 18 1/2	MBEI					
18	St 16	BBEI					

"What energy work do we need to do to bring these Elements into harmony and balance and functioning optimally?"

Issue: 'Integrating the flow of energy through all the fascial trains in the body'

ECF	Reflex	Element	Item / other factors
1. Ψ L/O	NV	0, 4	- integrated and responsible
	Sed	0, 4	- perceptive and adamant
			- included and distracted
2. ECS: MC	F	4	- Feeling integrated
	B	4	- B: Letting go
	E	4	- Experiencing normality
3. Temperament	NV	0, 4	<ul style="list-style-type: none"> - <input type="checkbox"/> Think 'functioning optimally' - <input type="checkbox"/> Do: hang left ankle off edge of step - <input type="checkbox"/> Do: taste salt
			<ul style="list-style-type: none"> - <input type="checkbox"/> Think 'so smooth' - <input type="checkbox"/> Do: Walk up and down engaging glutes
4. APEC	CX 6/ Sp 4		Yin Wei Mai: Integrating the Chi in the Yin Meridians
	Liv 14	CX 1 + 7	- integrate
		CX 1 + 9	- function

Ann Parker's HK 5 Reference Manual

Dr. Scott's Health Kinesiology Bio-Energy Model

Case Studies Client B – Focus: Tightness and discomfort in lower diaphragm

MEASURING the MERIDIAN and TISSUE ENERGY FLOWS							
No.	Acu-Point	Measure	Where is it working?	Element 1		Element 3	
				GB	Liv	LI	Lu
1	CV 15	Compare	Control System	x		x	
2	CV 9	Tune		x			x
3	St 27	Intake	Meridian Level				
4	GB 23	Level					x
5	St 25	Flow				x	
6	K 23	Fluidity			x		
7	K 24	Coherence			x		
8	K 16	Transfer-Out					
9	K 12 + K 13	Intake	Tissue Level		x		
10	St 29	Level			x		x
11	Sp 20	Flow					
12	K 22	Fluidity			x		
13	CV 19	Coherence					
14	K 26	Coupling – In	Control System				
15	K 20	Strength			x		x
16	St 21	Coupling – Out			x		
17	St 18 1/2	MBEI					
18	St 16	BBEI					
"What energy work do we need to do to bring these Elements into harmony and balance and functioning optimally?"							

WIBS: 4 ECF

ECF	Reflex	Element	Item / other factors
1. ECS: EMF	NL	4	- NS magnet ↑ on xiphoid
			- NS magnet ↑ on CV 18
2. Ψ G: CG	NV	1	- Experiencing anxiety
			- isolation
			- bewilderment
			- shock
3. Ψ B / NB	NV	3, 4	- B overlooked
			- NB
			- B special
			- NB
4. Ψ L / O	NV	3	- comforted and punished
			- protective and anxious

Expanding this Bio-Energy Model to include the Measures Patterns Processes Qualities Matrix

The various **Patterns**, **Processes** and **Qualities** that Dr. Scott added in his Practitioner Reference Manual (part of the 16Ps class originally) could be contributing to the sub-optimal functioning of the measures on the grid are -

Patterns		Processes		Qualities	
Clear	(i) easy to perceive, understand, or interpret (ii) (of a substance) transparent; unclouded	Activating	call up, mobilize, stimulate, trigger, turn on, arouse	Authenticating	proving or showing (something) to be true, genuine, or valid
Confused	(i) lacking order (ii) difficult to understand	Connecting	(i) bring together or into contact so that a real or notional link is established (ii) associate or relate (something) in some respect.	Blocking	obstructing
Defective	(i) not working right correctly (ii) imperfect or faulty	Decoding	change (a coded message) into intelligible language that can be understood	Bonding	(i) linking with some other part (ii) the action of joining things securely by some means
Developing	(i) growing and becoming more advanced, or elaborate	Encoding	cipher, conceal, make secret	Distorting	pull or twist out of shape
Fragmented	(i) break into pieces	Ending	closure, completion, denouement, finale, outcome, period, resolution	Entraining	(i) to draw in and transport the flow of a fluid (ii) to draw along in a specific direction
Hidden	(i) kept out of sight (ii) concealed	Gating	(i) a series of tasks that must work together - A gate allows or blocks the passage of something else. Only when event A happens (insert key and turn to unlock) is event B (door now allowed to open). (ii) Synapses work like this usually.	Functioning	working or operating in a proper or particular way
Inverted	(i) put upside down (ii) in the opposite position, order, or arrangement	Inhibiting	hinder, impede restrain, hold back, prevent (an action or process), hamper, discourage	Interfering	(i) to come into opposition as one thing with another (ii) the effect of hampering an action or a procedure

Measures Patterns Processes Qualities Matrix continued

Patterns		Processes		Qualities	
Mismatched	matching (people or things) unsuitably or incorrectly	Integrating	(i) Merge, combine, amalgamate, fuse, join, blend (ii) to form, coordinate, or blend into a functioning or unified whole (iii) unite (iv) to incorporate into a larger unit (v) to unite with something else.	Isolating	(i) to set or place apart (ii) detach or separate so as to be alone
Natural	(i) existing in or derived from nature; not made or caused by humankind (ii) inborn	Interfering	intervene in a situation without invitation or necessity	Lessening	(i) diminish (ii) make or become less
Processing	Perform a series of mechanical or chemical operation in order to change or preserve it	Modulating	(i) regulate (ii) set (iii) balance (iv) adjust (v) temper (vi) attune (vii) vary the strength tone or pitch of one's voice	Limiting	(i) restricting or restraining movement or growth (ii) confining to a set boundary
Prevent	keep (something) from happening in the way it should	Organizing	(i) order (ii) arrange (iii) sort out (iv) assemble	Motivating	(i) providing incentive (ii) impelling to action
Recognizing	acknowledge the existence, validity, or legality of	Oscillating	move or swing back and forth in a regular rhythm	Releasing	(i) free (ii) let go (iii) enable to escape from confinement
Sabotaging	deliberately destroying, damaging, or obstructing	Stabilizing	make or become unlikely to change, fail, or decline	Strengthening	(i) fortifying (ii) consolidating (iii) invigorating (iv) reinforcing (v) augmenting (vi) intensifying
Variable	(i) not consistent or having a fixed pattern (ii) liable to change	Synchronizing	causing to occur or operate at the same time or rate	Utilizing	make practical and effective use of
Energizing	(i) enliven (ii) animate (iii) vitalize (iv) invigorate				
Overpowering	(i) get the better of (ii) overcome (iii) overwhelm				
Purifying	(i) clean (ii) decontaminate (iii) filter (iv) sieve (v) purge				

Dr. Scott's Measures Patterns Processes Qualities Matrix (MPPQ Matrix)

1. Ask, "With a focus on 'name it' how many Elements are we checking for optimum functioning through the various components of the HK Bio-Energy Model at least one?" etc. Notate. **2. Touch the acu-point ask**, "Within the location 'name it' is the component 'name it' functioning optimally for the 'name the Meridian'?" as you work down the list. Mark under-functioning with an 'x'.

No.		Measure	Where is it working?	Element_Yang	Element_Yin	Patterns	Processes	Qualities				
1	CV 15	Compare	Control System			Clear Confused Defective Developing Fragmented Hidden Inverted Mismatched Natural Processing Prevent Recognizing Sabotaging Variable Energize Overpowering Purify	Activating Connecting Decoding Encoding Gating Inhibiting Integrating Interference Modulating Organizing Stabilizing Synchronizing Ending Oscillating	Authenticating Blocking Bonding Distorting Entraining Functioning Interfering Isolating Limiting Motivating Strengthening Utilizing Releasing Lessening				
2	CV 9	Tune										
(2a). Ask , "Within the Control System is the measure 'name it' functioning optimally for the 'name it' Meridian?" If ↓, put a x in the boxes above for the Meridians.												
3	St 27	Intake	Meridian Level									
4	GB 23	Level										
5	St 25	Flow										
6	K 23	Fluidity										
7	K 24	Coherence										
8	K 16	Transfer-Out										
(2b). Ask , "At Meridian Level is the measure 'name it' functioning optimally for 'name it' Meridian?" If ↓, put a x in the boxes above for the Meridians.												
9	K 12 + K 13	Intake										
10	St 29	Level	Tissue Level									
11	Sp 20	Flow										
12	K 22	Fluidity										
13	CV 19	Coherence										
(2c). Ask , "At Tissue Level is the measure 'name it' functioning optimally for the 'name it' Meridian?" If ↓, put a x in the boxes above for the Meridians.												
14	K 26	Coupling – In										
15	K 20	Strength										
16	St 21	Coupling – Out										
17	St 18 ½	MBEI	Control System									
18	St 16	BBEI										
(2d). Ask , "Within the Control System is the measure 'name it' functioning optimally for the 'name it' Meridian?" If ↓, put a x in the boxes above for the Meridian.												
6. Ask , "What energy work do we need to do to harmonize and balance the 'name the pattern', 'name the process' and 'name the quality' influences of the sub-optimal functioning of the measures on the grid?"												
Further questions:												
3. Ask "Which, if any, of the Patterns is contributing to the sub-optimal functioning of the measures on the grid?"												
4. Ask "Which, if any, of the Processes is contributing to the sub-optimal functioning of the measures on the grid?"												
5. Ask "Which, if any, of the Qualities is contributing to the sub-optimal functioning of the measures on the grid?"												

Dr. Scott's Measures Patterns Processes Qualities Matrix (MPPQ Matrix)

Case Studies Client C – Focus: Staying calm and positive

No.		Measure	Working?	Element 3 LI Lu	Element 5 TW CX	Patterns	Processes	Qualities	
1	CV 15	Compare	Control System						
2	CV 9	Tune			x		x		
(2a). Ask, "Within the Control System is the measure 'name it' functioning optimally for 'name it' Meridian?"									
3	St 27	Intake	Meridian Level		x				
4	GB 23	Level				x			
5	St 25	Flow		x					
6	K 23	Fluidity					x		
7	K 24	Coherence							
8	K 16	Transfer-Out			x				
(2b). Ask, "At Meridian Level is the measure 'name it' functioning optimally for 'name it' Meridian?"									
9	K 12 + K 13	Intake			x	x			
10	St 29	Level	Tissue Level		x				
11	Sp 20	Flow			x				
12	K 22	Fluidity							
13	CV 19	Coherence			x				
(2c). Ask, "At Tissue Level is the measure 'name it' functioning optimally for the 'name it' Meridian?"									
14	K 26	Coupling – In	Control System			x			
15	K 20	Strength		x					
16	St 21	Coupling – Out		x					
17	St 18 1/2	MBEI			x				
18	St 16	BBEI					x		
(2d). Ask, "Within the Control System is the measure 'name it' functioning optimally for the 'name it' Meridian?"									
6. Ask, "What energy work do we need to do to harmonize and balance the 'purifying', 'integrating' and 'entraining' influences of the sub-optimal functioning of the measures on the grid?"									
Further questions:									
3. Ask "Which of the Patterns is contributing to the sub-optimal function of the measures on the grid?"									
4. Ask "Which of the Processes is contributing to the sub-optimal function of the measures on the grid?"									
5. Ask "Which of the Qualities is contributing to the sub-optimal function of the measures on the grid?"									

Δ 5 ECF 1 ETF

ECF	Reflex	Element	Item / other Factors
1. ECS: BSE	forehead ↑↓	/↔ inion	- I can't cope with this crisis
			- I will never be able to keep up with my house payments
			- If I get ill with the virus I won't survive
2.			ETF: Symbol Aboriginal Totem card
			Look at Weariness
			"Step up and take control of this situation – it's the very thing
			People are not expecting you to do"

Ann Parker's HK 5 Reference Manual

CHAKRAS

Traditional writings mention over 88,000 chakras. There is scarcely any part of our bodies not involved in the reception and transformation of energy. Most of these chakras are minute and play a minor role in the energy system. Approximately 40 secondary chakras are considered to be significant and these are located in the spleen, the back of the neck, the palms of the hands and the soles of the feet.

There are seven major chakras, which are non-physical energy centres located within our Auric field. They work like gear- boxes stepping down or transforming the energy through the subtle bodies. They are spinning vortices of energy and appear dish shaped face on, or like a trumpet when viewed from the side. They 'anchor' into the Kundalini channels in the spine. They are linked to the glands in the endocrine system. Their energy is expressed in our behaviour, words and actions. The chakras rotate either to the right (clockwise) or to the left (anticlockwise) depending on sex thus enabling the energies of men and women to complement each other. Every clockwise rotation is primarily male – Yang and represents willpower and activity as well as the negative aspects of aggression and force. The anticlockwise rotation is female in character - Yin energy representing receptiveness and agreement with the negative aspect of weakness. As we progress up the body from the root chakra the direction in which the chakras rotate vary.

	Males	Women
Root Chakra	Clockwise	Anti-clockwise
Sacral	Anti-clockwise	Clockwise
Solar Plexus	Clockwise	Anti-clockwise
Heart	Anti-clockwise	Clockwise
Throat	Clockwise	Anti-clockwise
Brow	Anti-clockwise	Clockwise
Crown	Clockwise	Anti-clockwise

Colours traditionally associated with the Chakras.

Base chakra – RED – connected to passion, life, energy, sexuality and the power to create.

Sacral Chakra – ORANGE - relates to the adrenals. Earthly connection - physical movement, wellbeing.

Solar Plexus chakra – YELLOW - light descended into nervous system. From here you are sensitive to situations. It is the centre of human recognition and self worth. Unresolved situations create stress here encouraging detachment, shallow breathing, anxiety and nervousness.

Heart Chakra – GREEN - Centre of love and harmony.

Thymus chakra – TURQUOISE - closely linked with the heart, and connected with a generosity of life and love. Calmness.

Throat chakra – BLUE - centred at thyroid gland. Centre for creative expression through sound, is significant in matters of communication and truth.

Brow chakra – VIOLET - transmits the energy of the pituitary gland. It is the centre of creative visualisation and gathers instruction from your higher self.

Crown chakra – MAGENTA- relates to the pineal gland. The centre of spirituality, this chakra connects you to an infinite intelligence.

ENERGY FLOW BALANCE – CHAKRA Type 1

Table of Procedure Working Manual page 72

The EFB: Chakra Type 1 correction normalizes the energy flow from the individual chakras through the rest of the energy system. It often relates more to how people feel than to how they function. It can be any number of items up to 7, but usually 2 or 3. Possible causes for the need to do this correction - surgery or trauma to the back, spine or neck.

Each item has **2 aspects**: - (i) a 600-gauss **magnet** positioned over chakra with correct polarity (orientation immaterial) and (ii) a **thought**.

ENERGY FLOW BALANCE – MULTIPLE CHAKRA

Table of Procedure Working Manual page 73

This correction brings the chakras into harmony and balance with each other so the energy flowing into the physical body is maximized. Always one item with two aspects (i) - a magnet whose polarity is critical on each of two or more of the seven chakras and (ii) a thought (usually a single word see list below for the ones that come up the most) Not an official HK correction but developed by myself in 1994.

PSYCHOLOGICAL STRUCTURES

Ψ Body Parts

The groups tend to target one specific area of the body and the focus of this correction is to allow the body part to function optimally for them. This correction is extremely powerful.

It is ideal for the client to look at a picture of the body part-so buy a good A & P Book.

- Identify which body part-from the case history form
- Put the focus there and ask "For this group of Ψ Body Parts for the how many items, at least 1?" etc

Get the picture back out and then you can easily identify what the items are – the groups tend to be 3 or 4. Sometimes they will experience pain / tingling/ fizzing in Ψ Body Parts if this happens hold the points until sensations stop.

Ψ LINKED OPPOSITES

Table of Procedure Working Manual page 70 / List Working Manual pages 27/29

This psychological structure was found by Jane Thurnell-Read, Head of HK UK 1990-2000. The structure is two words joined by "and" - the first word is a perception or goal whilst the second word is in some way opposing the first word. Linked Opposites exhibit an "energetic tension" which has been likened to that experienced when two magnets are held together with the same poles facing: repulsion and a sense of the sameness of the energy is experienced simultaneously. There seems to be a limited number of these items, possibly because they represent archetypal conflicts and tensions for the individual.

PSYCHOLOGICAL IMPERATIVES

Table of Procedure on the Working Manual page 67

These psychological corrections have the energy of a young child stomping its feet and demanding attention - they also have a pleading quality to them - a plea to ourselves! This plea is often the most important. The groups often come from the same substructure. Imperatives are demands (verbs) so you'll get a clue from the gerunds list for the verb.

Common structures for the groups are

- Straight demands!
- Demand me!
- Give me.....!
- Be.....!
- Don't.....!
- or a combination of the various structures

They almost always have a positive flavour. Some examples from my client files:

Demand - Relax! Rest! Calm down! Pay attention!	Balance! Centre! Focus! Heal!	Demand me - Love me! Nourish me! Notice me! Make time for me! Listen to me!	Cherish me! Care for me! Accept me! Understand me!
Give me - Give me reassurance! Give me appreciation! Give me courage! Give me a hearing! Give me validation! Give me space! Give me peace! Give me recognition! Give me contentment		Be - Be at one with me! Be kind to me! Be loving to me! Be content with me! Be intimate!	Be honest! Be courageous! Be forthright! Be upstanding!
Don't - Don't give me hassle! Don't hurt me! Don't give me heartache! Don't block me!		Don't - Don't misunderstand me! Don't leave me alone! Don't blame me! Don't frighten me! Don't ignore me!	
Combination - Lighten up! Be patient Chill out! Laugh more! Allow me to blossom! Give me permission to be myself! Listen to my inner wisdom!		Keep me together! Be understanding! Work with me! Don't cause me pain!	

Ψ Named People

Table of Procedures Working Manual page 68

The groups of Ψ Named People can be any number and the same people can appear in subsequent groups. People named can either be in this plane or have already passed over. Occasionally pet animals will appear on the list. As with all psychological groups there is an underlying theme and for these groups there will be some common thread that links all the people who are listed as the individual items. It may be that everyone in a particular group causes the client to feel envious or inadequate or valued. It is amazing how many of us find it difficult to handle the positive feedback we get from others. The people who appear most often are close family members but the following list will quickly help you identify who the named people are to be.

- Spouse/partner, a child, extended family on maternal/paternal side, male/female (blood or adoptive)
- From a past relationship or one of the In-laws
- Friends (Class mates / University colleagues) or Neighbours
- Work colleagues – present – past
- Professional People – Doctors, dentists, specialists or Therapists
- Club/organisation members
- Authority figures – boss, teacher, bank manager, priest, rabbi, police, lawyer, government figures, taxman, traffic wardens
- A particular type of person – artistic – cleverer – wimpish – aggressive etc.
- Pets

_ Brother Thomas

_ Mary friend at University

_ Mother

_ John boyfriend during A level year

_ Aunt Mary

_ Mr. Burke tutor for chemistry at A level

_ Cousin Sue

Occasionally, a group comes up as **Named Places** rather than **Named People**

If a group of Ψ Named Places, the places in the group have some special significance for the client – they have often been very happy or very traumatized in those places.

_ St Michaels Mount

_ The Churchyard at St Johns

_ Avebury

_ Gozo in Malta

_ Stonehenge

One of the most interesting groups I ever did was a group of 4 named people all 'friends' from school in the client's A level class. The client had been on and off school for over 10 weeks and was falling behind with her studies – she was suffering with glandular fever. After just one issue where the largest percentage of work within the issue was the group of Ψ Named People she went back to school and did well in her exams. The stress had started when this group of 4 had suddenly started to exclude the client from invitations the previous November.

PSYCHOLOGICAL FEARS

Table of Procedures Working Manual page 69

Groups of Ψ Fears provide a very powerful tool for dealing with deep-seated fears and negative emotions that are locked into cell memory. To minimize the stress levels for the client I always find and do each item in a group one at a time. There are **several substructures that occur on a regular basis**. The ECS: BBEI list will often give you a clue for the items.

(i) Fear of	Fear of not	(ii) Fear of being	Fear of not being
(iii) Fear of (gerund)	Fear of not (gerund)	(iv) Fear that (I)	Fear that I (negative)
(v) Fear for			

Examples of groups from my client files

Fear of criticism ridicule failure	Fear of ill health pain death	Fear of not overcoming my shortcomings being in control finding understanding enjoying success
Fear of being abandoned ignored ridiculed unloved		Fear of not being loved appreciated accepted trusted
Fear of (gerund) losing my mind letting others control me finding myself in debt appearing a fool		Fear of not (gerund) handling intimacy well feeling acceptable nurturing success trusting my decisions finding happiness
Fear that other people are better than me things will happen to me beyond my control other people won't trust me success will never be mine to enjoy recognition will always elude me		Fear that I will be a failure always look for confrontation will be passed over am insufferable will be stuck in this space forever will never find happiness
Fear that I won't be appreciated find happiness fulfill my goals be loved		Fear for my children's safety my career my health my partner's wellbeing

or a combination of structures:

Fear that I am a failure

Fear of being passed over for promotion

Fear of (gerund) losing my mind

Fear for my sanity

Fear of not being appreciated for all that I do

PSYCHOLOGICAL SYSTEMATIC DESENSITIZATION
(These were previously known as Ψ Phobia)

Ψ Phobia is defined as an abnormal intense and irrational fear of a given situation, organism or object. People who are phobic experience altered physical reactions not only when confronted with the object of their phobia but also even when they think about it. In general, a client's phobia is easy to correct with the HK Psychological Phobia correction. If it is going to work it processes through very quickly and the client experiences relief from the irrational fear immediately. Phobia corrections may be done out of priority providing you have permission to do the correction and one of the unusual aspects of a psychological phobia correction is that the group of items needed to be addressed to complete the correction and deal with the phobia do not necessarily need to be done in one go to complete the group. You always start with the **given situation, organism or object** at a distance and work towards, if need be, the client being actually confronted by the problem. Sometimes it is enough to deal with the stress the client experiences when they simply think about the given situation, organism or object. Invariably, you will hold more than one Reflex with more than one Element so check the order to hold them.

Examples from my files:

Ψ Phobia	NL	2₅	Phobia – heights
	NV	0 ₁ , 2 ₃ ,	- look at picture of gently rolling countryside
	EP	2 ₄	- of low hills
	SED	0 ₂ , 2 ₆	- of mountains
			- imagine yourself walking along a path on the hill
			- imagine yourself standing inside a flat on the second floor of a building looking out
			- imagine yourself on the balcony of a 5 th floor penthouse
			- imagine yourself standing on the balcony at the railing of the 5 th floor penthouse looking down into the street
			- climb up to the third step on the 8-step ladder
			- climb up to the top of the 8-step ladder

This client now felt sure she would be able to do some essential painting jobs in her home. Also, she felt she would no longer break out in a sweat while standing on platforms waiting for trains or tubes.

Client with phobia about snakes

This client became breathless and couldn't function whenever she thought about snakes after a trip into the Australian outback. I expected more items than came up but she was adamant she was not going back to Australia. We held (i) NL0 2 and (ii) Sed 2

- Think about a picture of a snake in the University library
- Think about live snakes in the local zoo
- Pretend to watch a snake wriggling in the grass from the window of the second floor where we were
- Imagine a dead snake curled up in the corner of this room
- Imagine a live snake curled up in the corner of this room with its head up and its tongue flicking about

ENERGY FLOW BALANCE

EFB: COGNITIVE-SENSORY ENERGY INTEGRATION - THINKING PROCESSES

For EFB: C-SEI the Energy system becomes stressed as the brain attempts to process and interpret specific information. The processes of remembering and understanding do involve various aspects of sensory information - how it looked, smelt, felt etc.

EFB: C-SEI PROCESS OF REMEMBERING

This deals with stress generated when we attempt to recall information that is already laid down.

No one knows for sure how memories are first stored away by the brain perhaps as a hologram or an energy pattern. For this correction, we have to recover the encoded information and decode it so we can bring it to the surface to 'remember' it. If the recall is what is disturbed then the information is embedded in the brain and this EFB: C-SEI correction will help to recover it. However, if the laying down of the trace was disturbed then the information is not stored so it will not be there to be recovered. What is chosen for the client to remember normally does not matter providing that the subject, in itself, does not highlight a psychological stress. There is usually only the one item. To start with the client will recall the main key note points and then they may go on to remember the nitty-gritty details.

Check out these possibilities for the item – it is possible any or all of them would do:

- Family events
- The plot of a film, TV drama, play, opera or book recently seen or read
- Directions to a specific place so they could tell someone else how to get there

EFB: C-SEI PROCESS OF UNDERSTANDING

Remember what we choose in itself must not generate the stress pattern. It is the process of understanding how we do something / how it works / about it generally that highlights the pattern of stress.

Check out these possibilities for the item:

- Simple puzzles work really well here. Go for these first, if you have some. It is the process of understanding how the pieces fit together that makes the pattern of stress. The client does not have to crack or complete the puzzle for the correction to work. You simply hold the points as usual until the energy changes and locks in.
- The London Underground map
- Filling out forms – good idea to collect and photocopy a variety of forms that people encounter on a daily basis

EFB: C-SEI PROCESS OF THINKING TOPIC

With this C-SEI the client thinks around a specific topic. Very similar to the EFB: C-SEI PROCESS OF REMEMBERING correction but in this case, you need to test out the required topic as this will take the client into one specific part of the brain to find the information to decode.

EFB: Cognitive-Sensory Energy Integration - Thinking Processes continued

EFB: C-SEI PROCESS OF MEMORIZING / LEARNING

With this C-SEI you need to explore with the client how they learn and memorize new information. Here we are dealing with not just the laying down of information but laying it down in a way that the client can easily access it and recall it to the forefront of their brain. Encourage them to get as many senses as possible involved. Preferably work with something with which they wish to deal. Developed by Sandie Lovell HK Tutor and Practitioner and accepted by Jimmy as an official correction.

Look, Say, Cover, Look, Write and Check.

- Look at what is to be memorized
- Say it out loud and perhaps touch it
- Cover it and recall it
- Look at it again
- Cover and write it out
- Check what has been written
- Repeat these steps until client feels confident they have it.

EFB: Cognitive-Sensory Energy Integration

EFB: C-SEI Foreground / Background: (Focus / Distraction)

Seeing / Looking

If you were in your garden and paying conscious attention to some specific plant then you see all the fine detail of that plant but if you are looking around generally but not focusing on any specific part of the garden you would not see fine detail.

Listening / Hearing

If you are consciously listening to a piece of music then you notice all the various subtle variations in the rhythm, tonal qualities and cadences whereas if there is music going on in the background although you may hear it, you do not pick up the fine details of sound that you would, if you were paying the conscious attention to it.

Feeling / Touching (Feeling as in physical touch)

Parts of our bodies are touching and being touched by many different surfaces including the fabrics we are wearing but we do not normally pay conscious attention to how our clothes feel against our skin. However, if you were to consciously feel a piece of fabric then you become aware of its texture.

EFB: C-SEI Foreground / Background: (Focus / Distraction) continued

Speaking / Talking

A tutor attempting to put across information to their students is in speaking mode as that is where their conscious attention is. If the tutor's mind wanders because they have become distracted then they switch into talking mode as they are no longer giving conscious attention to what they are saying.

Each of the first words in the pairs above is where the focus is and Dr Scott calls this foreground. The second word in each of the pairs Dr Scott calls background. Background requires no major thought or conscious attention and is often a distraction to the conscious input.

For all EFB: C-SEI items the stress occurs as the brain attempts to interpret the sensory signals it is receiving from input along the nerve pathways. The groups tend to be 1-3 items and each item will have one focus and any number of distractions. It is easier in a clinical situation to find and do each item one at a time.



This correction helps people to multi-task more easily and without being stressed by all the distractions in their daily lives when they need to pay conscious attention to some particular job in hand. It is particularly good for stress in the workplace – where there are many distractions whilst the person is trying to focus on the task in hand. Open plan offices are becoming more common within the working environment and many people find them stressful.

Over the years, I have noticed that the more distractions within an item the fewer separate items the group will contain.

Your personal notes:

Further thoughts on ENERGY FLOW BALANCE SENSORY ENERGY WORK

Although the EFB taught in HK 4 and HK 5 separate out the SEF and C-SEI for some clients the ECF is a combination of both.

Many people are stressed in a working or learning situation. It can be because of the angle from which they are looking at or hearing the person speaking to them. This can be compounded by the need to take notes on the information they are listening to or the graphic presentation they are seeing. It could also be the background noise levels or the quality of the lighting.

Absorbing lots of information from closely printed text, particularly in bold black can also cause EFB stress. This would be both SEF and C-SEI stress.

Musicians often suffer both SEF and C-SEI stress when playing in a group where they are both watching a leader or conductor and reading their own music.

If your next ECF is EFB first ask if it is a standard* EFB, if not, ask for what task the client needs to perform to highlight the stress. You could have an EFB with a number of items ranging from simple tasks in SEF graduating into items with more than one aspect.

Attempting to do a puzzle could work well. Look for puzzles that provide colour, texture and shapes all possible SEF stresses and then require making into particular patterns. The object is not necessarily to complete or crack the puzzle it is the process the client goes through as they attempt to do it, that will generate the stress needed for the EFB.

Examples:

Reading silently or out loud some printed material while sound/light and or particular smells are generated in the background.

For a young client of mine copying the same few lines from my HK menu on the wall in front of her over and over helped to improve her hand-writing.

One client had 4 items

- eyes up right
- eyes diagonally up/down right
- sitting at angle so looking at me six feet away from the right and listening to me talking
- as third item plus taking notes from the information

Remember that EFB corrections in the SEF and C-SEI categories often hold NVs so ask about them first.

Sensory Integration Dysfunction

SID or Sensory Integration Dysfunction can make people overly reactive to normal stimuli especially if one of the sensory systems doesn't calibrate well with another

- the information coming along the **sensory pathway** (SEF) could be sending scrambled information to the brain
- or the information is fine but when all the sensory input **reaches the brain**, the brain scrambles it, so the information is not able to be 'processed' / 'understood' normally. (C-SEI)

For example, take vision as the sensory function - imagine that you are trying to catch a ball tossed towards you and your vision doesn't predict its impact in your hands accurately. Predicting it too early may make you miss it, or too late and it will hit your hands before you expect it, startling you and perhaps angering you as well.

Researchers suspect that growth spurts or other changes like puberty and hormone changes may alter sensory integration. If the energy is not flowing in a balanced and coordinated way through the sensory functions it could easily have a knock on psychological effect triggering anxiety, confusion or anger. Being able to predict what goes on around us help us maintain composure. Children experiencing some type of sensory integration dysfunction will struggle to learn new skills - adaptive, motor, and academic learning. Adaptive learning involves the ability to respond appropriately to situations. Motor learning involves the ability to master complex movement skills such as how to use a pencil or kick a ball. Academic learning is the ability to read and the ability to take what one learns today and apply it to what one learned yesterday.

One coping skill for people with thunderstorm anxiety is to count the seconds between flash and thunder to estimate the distance and if the storm is approaching or leaving. Having some method of thinking about a flash and sound that are not always easily predictable seems to be quite calming.

The sense of touch allows us to make a better connection between sight and hearing and therefore helps adults to learn to read. This is what has just been shown by the team of Édouard Gentaz, CNRS researcher at the Laboratoire de Psychologie et Neurocognition in Grenoble (CNRS/Université Pierre Mendès France de Grenoble/Université de Savoie). Using their methods described below should improve learning methods, both for children learning to read and adults learning foreign languages. To read words that are new to us, we have to learn to associate a visual stimulus (a letter, or grapheme) with its corresponding auditory stimulus (the sound, or phoneme). When visual stimuli can be explored both visually and by touch, adults learn arbitrary associations between auditory and visual stimuli more efficiently. The researchers reached this conclusion from an experiment on thirty French-speaking adults. They first compared two learning methods with which the adults had to learn 15 new visual stimuli, inspired by Japanese characters, and their 15 corresponding sounds (new auditory stimuli with no associated meaning). The two learning methods differed in the senses used to explore the visual stimuli. The first, "classic", method used only vision.

Sensory Integration Dysfunction continued

The second, "multisensory", method used touch and audition as well as vision for the perception of the visual stimuli. After the learning phase, the researchers measured the performances of each adult using different tests. They found that all the participants who had used the multisensory approach had acquired an above-chance ability to recognize the new characters and felt more comfortable in new learning situations.

These results support those already found by the same team, in work done with young children. The explication lies in the specific properties of the haptic sense in the hands, (The haptic sense is different to the visual sense in many ways, including being localized to a small number of contact points with the external environment. Uniquely amongst the five senses, it is bidirectional, being able to interact with objects as well as sense their properties.), which plays a "cementing" role between sight and hearing, favouring the connection between the senses. What goes on in the brain remains to be explored, as does the neuronal mechanism: the researchers plan to develop a protocol that will let them use MRI to identify the areas of the cortex that are activated during the "multisensory" learning process.

When sense perceptions from various sense organs are processed in the brain, this information is integrated - for example, when we are watching a presentation our brain combines information pertaining to both language and vision. Using functional magnetic resonance imaging, researchers at the Max Planck Institute for Biological Cybernetics in Tübingen, Germany have showed that the integration of auditory and touch information takes place in the 'hearing centre' of the brain - the auditory cortex.

Everyday, the brain accesses information from various sense organs simultaneously to create a "picture" of its environment. This important mixture of information from various sense organs is known as **"multisensory integration"**. Many activities would be difficult to carry out if the brain did not receive information from a number of different sources at the same time. Furthermore, by manipulating multisensory integration, one can create illusions of perception. One well-known example is the 'ventriloquist effect'. If one hears a voice (for example, from a loudspeaker), and then simultaneously sees a face or a mouth moving to speak, then the voice appears to come from the mouth - even when, in the case of a ventriloquist, the mouth belongs to a dummy. Similar effects are known to occur with the other senses - if someone rubs their hands together, they produce a noise that one can use to determine if their hands are dry or raw. If the sound, however, is cleverly manipulated, then subjects make completely different guesses about the condition of their skin.

One important question in neuro-research is where multisensory integration takes place. Traditionally, it has been assumed that it doesn't take place in the sensory areas, where the information from sense organs comes in, but rather in a downstream, 'higher' area of the brain known as the 'association cortex'.

Sensory Integration Dysfunction continued

The information from sense organs - in other words, what is taken in - was considered to be first processed in specific sensory areas; for example, the auditory information from the cochlea in the auditory cortex. Only then, it was assumed, it was integrated with similarly prepared information from visual and tactile impressions.

But new findings, including those of the Max Planck researchers, have showed that this description is not exactly correct. Multimodal integration does indeed take place at deeper levels. Using functional magnetic resonance imaging, the scientists from Tübingen measured the activity of brain cells in the auditory cortex of primates. The anatomical partitioning of the primary and secondary auditory cortices is known in detail and the scientists can take advantage of the high spatial resolution offered by their approach. This is important because the areas under investigation are smaller than two or three millimeters.

The results clearly show that the activity in the auditory cortex by an auditory impulse is strengthened when it is combined with tactile stimulation of a hand. Furthermore, the researchers found areas inside the auditory cortex that react more strongly to simultaneous impulses than to single stimuli - this is a classic criterion for the identification of multimodal integration. The researchers also showed that this integration takes place in the secondary auditory cortex.

The scientists suspect that one reason that sensory information is combined so early in the brain is that this way false "pictures" can be more easily prevented. Such false pictures match a single sense impression, but are inconsistent across a number of sense impressions. The brain can thus rule them out. However, this speculation, among others, must still be subject to further research.

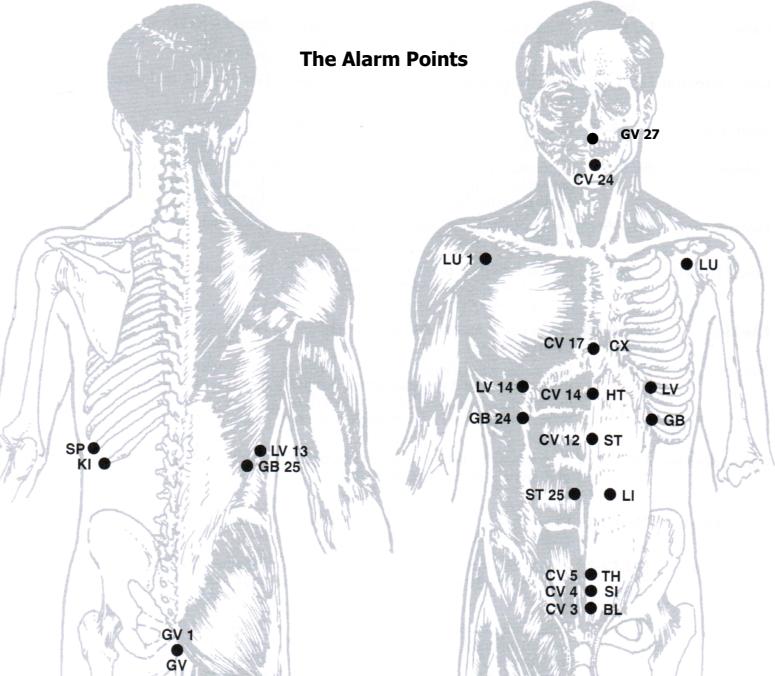
Reference: www.sciencedaily.com

Your personal notes:

SUBTLE BODY INTEGRATION

This correction always **(i)** has one item with a number of aspects – all vibrational essences placed on CV 6 and which TL at the navel, **(ii)** you always hold all the Alarm Points in sequence down the body and **(iii)** you may need to give the client a printout of the positive aspects of the essences for them to read out loud at home for a period of time in order to integrate the energy patterns fully. Developed by Ann Parker in 1991.

The Alarm Points, are in acupuncture terms, the Front-Collecting (Mu) Points where the Chi of an organ gathers and collects on the front of the body. All are to be found on the chest or abdomen and they are used both to strengthen the Internal Organs by sending Chi and Blood to their associated organ and to clear Heat from the organs. The Front-Collecting (Mu) Points are Yin in character and tend to be used for acute conditions of their Internal Organs. Using all the Alarm Points, as we do in the SBI, the physical body is given a major boost which seems to shake the Subtle Bodies back into alignment to allow them to re-integrate.

Steps	What to ask/say	What to do
1. No. of essences	Ask, "How many essences are we using at least one?" "At least two?" ↑ "At least three?" ↑ etc Confirm, "So, we are using essences?" ↑	Each aspect is an individual essence
2. Identify the essences	Work your kits and find which essences you will need for the SBI	
3. Share the information	Once you have identified the essences read out to the client the positive benefits that will now be locked into their Energy System	
4. TL the item	Place the essences together on CV 6 with mid-point of palm over navel TL ↓	
5. Hold the Alarm Points		<p>Hold these points in sequence down the body holding as many as you can with both your hands and the client's hands</p> <p>Once you have done in excess of 20 Subtle Body Integrations you could start asking if you have energy permission to use the Cosmic Batteries to do the Alarm Points for you.</p>
6. ReTL	With the essences, still on CV 6 place hand over navel and TL ↑	
7. Complete?	Ask, "Is this Subtle Body Integration now robust and complete?"	
8. Integration Phase?	It may be necessary to give the client a summary of the key positive aspects of the essences for them to read out aloud 1x daily for 'x' no. of days.	Check if there is a specific time of the day to do this

Energy Work	Reflex	Element	Item / other Factors
SBI	AP	Σ	<ul style="list-style-type: none"> — ABE Bush Iris — ABE Crowea — ABE Waratah — DA Crown of Thorns — DA Desert Marigold — Sea Anemone

ENERGY TONING FACTOR: EMOTIONS TRAINING

When ETF: Emotions Training is the next thing to do test **how many emotions are to be trained** and then the **other need to know information** is (i) how many seconds / minutes do they stay in touch with the emotion (ii) how many times in a day (iii) for how many days. If there is anything else you may need to know possibilities could be (i) where they do the emotions training (ii) is it to be done at specific times and / or (iii) does someone else need to be present.

Do keep a copy of what is required for the client in case they lose their copy. Use or adapt the emotions training schedule form.

Emotions are **generated in the Emotional Body** while we **feel them in the Etheric Body** and **experience the feeling in some part of the physical body**. Emotions Training, an Energy Toning Factor, strengthens the connection between the Emotional (Astral) and Etheric bodies.

All the following examples are from my client files in 1995 onwards –

<u>Emotion</u>	<u>Feeling</u>	<u>Where experienced</u>
Fear	breathlessness sweating soaked in solar plexus buzz or fizz trembling palpitations	chest groin/armpits gut neck/lower jaw legs heart region

Definition: dread, fright, panic, apprehension, anxiety, alarm, scared, foreboding, dismay, cold feet, butterflies, nervousness, queasiness

<u>Emotion</u>	<u>Feeling</u>	<u>Where experienced</u>
Amusement	bubbling warmth	shoulders to head chest up to face eyes - muscles lift smile

Definition: charm, please, gladden, tickle one's fancy, cheer, rejoice, entertain, make one laugh or smile

<u>Emotion</u>	<u>Feeling</u>	<u>Where experienced</u>
Glumness	dragging down weight on top of head	whole body shoulders bent mouth down flat walk

Definition: silent, morose, woebegone, dismal, sullen, dejected, dispirited, pessimistic, grumpy, glowering, downtrodden

Energy Toning Factor: Emotions Training continued

<u>Emotion</u>	<u>Feeling</u>	<u>Where experienced</u>
Resentment	tingling fluttering restriction tension darkness	arms/ head chest throat side of neck across eyes/ frown

Definition: indignation, offence, righteous anger, ire, irritation, bitterness, view with dis-satisfaction, disagree with, umbrage, feeling riled, scowl, glower, look daggers

<u>Emotion</u>	<u>Feeling</u>	<u>Where experienced</u>
Grief	numbness pain weakness pain as if turning to liquid can't keep thoughts together thoughts going in circles weighed down loss of function completely drained sense of loss	face/hands heart limbs solar plexus starting in lower limbs mind/head mind/head whole body whole body starts at crown and goes down the body head/mind

Definition: anguish, misery, sorry, extreme sadness, pain, heartache, broken hearted, distressed, dejected, heavy -hearted, despairing, tormented, tortured, melancholy, slough of despond, morose, extremity, desolate, weeping and wailing, suffering, burdened

It is generally accepted that for grief to be expressed and the person to heal there are other emotions that also have to be addressed - anger, guilt, resentment, denial, fear, and rejection.

Body Sensations			
Achy	Electrified	Icy	Suffocating
Angry	Expansive	Itchy	Sweaty
Blocked	Fearful	Knotted	Thick
Breathless	Floaty	Light	Ticklish
Bubbly	Flowing	Nauseas	Tight
Buzzy	Fluid	Nervous	Tingling
Cold	Fluttery	Numb	Trembling
Constricted	Frozen	Queasy	Twitchy
Dense	Full	Restricted	Warm
Disconnected	Heavy	Sleepy	Whirly
Disorientated	Hollow	Spacey	Wooden
Dizzy	Hot	Streaming	Wobbly

Ann Parker's HK 5 Reference Manual
EMOTIONS TRAINING SCHEDULE

Emotions are generated in the Emotional Body, we feel them in the Etheric Body and experience the feeling in some part of the physical body.

Emotions Training, an Energy Toning factor, strengthens the connection between the emotional (astral) and Etheric bodies.

Time: _____ Seconds/ Minutes For _____ days Other? _____

<u>Emotion</u>	<u>Feeling</u>	<u>Where experienced</u>

Definition:

ADJUNCTIVE: EXERCISE

The three basic types are

Aerobic ● **Building Strength** ● **Bending / 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 as in the Informed Touch Book.

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

There are now numerous UTube presentations offered by various Personal Trainers for various age groups. You would just need to google them with your clients to find the right ones for them if they need to bring exercise into their daily routine. The vast majority of the population regardless of age does not do sufficient exercise to keep themselves healthy, flexible and mobile.

Ann Parker's HK 5 Reference Manual

CRAVINGS	DEFICIENCY	FOODS THAT HAVE THE ANSWER
Chocolate	Magnesium	Raw nuts and seeds, legumes, fruits
Sweets	Chromium	Broccoli, grapes, cheese, dried beans, calf liver, chicken
	Carbon	Fresh fruits
	Phosphorus	Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes, grains
	Sulfur	Cranberries, horseradish, cruciferous vegetables, kale, cabbage
	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, spinach
Bread, toast	Nitrogen	High protein foods: fish, meat, nuts, beans
Oily snacks, fatty foods	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
Coffee or tea	Phosphorous	Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes
	Sulfur	Egg yolks, red peppers, muscle protein, garlic, onion, cruciferous vegetables
	NaCl (salt)	Sea salt, apple cider vinegar (on salad)
	Iron	Meat, fish and poultry, seaweed, greens, black cherries
Alcohol, recreational drugs	Protein	Meat, poultry, seafood, dairy, nuts
	Avenin	Granola, oatmeal
	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
	Glutamine	Supplement glutamine powder for withdrawal, raw cabbage juice
	Potassium	Sun-dried black olives, potato peel broth, seaweed, bitter greens
Chewing ice	Iron	Meat, fish, poultry, seaweed, greens, black cherries
Burned food	Carbon	Fresh fruits
Soda and other carbonated drinks	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
Salty foods	Chloride	Raw goat milk, fish, unrefined sea salt
Acid foods	Magnesium	Raw nuts and seeds, legumes, fruits
Preference for liquids rather than solids	Water	Flavor water with lemon or lime. <i>You need 8 to 10 glasses per day.</i>
Preference for solids rather than liquids	Water	You have been so dehydrated for so long that you have lost your thirst. Flavor water with lemon or lime. <i>You need 8 to 10 glasses per day.</i>
Cool drinks	Manganese	Walnuts, almonds, pecans, pineapple, blueberries
Pre-menstrual cravings	Zinc	Red meats (especially organ meats), seafood, leafy vegetables, root vegetables
General overeating	Silicon	Nuts, seeds; avoid refined starches
	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, spinach
	Tyrosine	Vitamin C supplements or orange, green, red fruits and vegetables
Lack of appetite	Vitamin B1	Nuts, seeds, beans, liver and other organ meats
	Vitamin B3	Tuna, halibut, beef, chicken, turkey, pork, seeds and legumes
	Manganese	Walnuts, almonds, pecans, pineapple, blueberries
	Chloride	Raw goat milk, unrefined sea salt
Tobacco	Silicon	Nuts, seeds; avoid refined starches
	Tyrosine	Vitamin C supplements or orange, green and red fruits and vegetables

<http://www.naturopathyworks.com/pages/cravings.php>

ENVIRONMENTAL FACTORS

For clients to achieve optimum physical health we must be aware that we need to: -

- ◆ look at and deal with the factors in their lives that could be causing blockages and
- ◆ find ways of releasing and reducing the toxic load on their bodies

A wide range of environmental factors pose serious challenges to our health as -

- ◆ They can literally impede, inhibit or block the efficient functioning of our cells, tissues, organs, systems and biochemical processes, and
- ◆ Because many of them are synthetic chemicals that have no biological value, they can be toxic or even carcinogenic.

Nutrition has a very important role to play in enabling people to achieve optimum health and well-being but we need to be eating what is right for us. It may be beneficial for a client to explore what metabolic type they are. We can enhance our nutritional status by eating the right food and if necessary using supplements that are right for our metabolic type.

Not only is it important to do the right things, but also it is also just as important to stop doing the wrong things. This goes far beyond just your diet. An analogy may best illustrate the situation: If you were to set up two saw horses and then lay a 2-by-4 board between them and then start piling bricks on it, pretty quickly, the board would begin to bend. After a few more bricks, it would start to crack. Finally, after you have lain on that one last brick, the board would break. The problem was not the last brick. The real problem was the load produced by the accumulation of many bricks.

Thus, many times the causal factors of adverse health complaints or degenerative conditions are blocking factors or toxic load and not diet at all. But if we remove the blocking factors, reduce the toxic load and eat right food combinations for our metabolic type we then have an extremely powerful and effective combination for healing and stabilizing our weight at the correct weight for our bone structure and body type. Your skin and lungs are organs that are particularly vital to your health. Avoid contact with all chemicals on your skin and if possible in the air you breathe. Wear gloves when handling chemicals at home or at work. Use an air purifier when at home or at work if you're exposed to airborne chemical smells.

If Toxicity comes up as a Factor to be considered within an overall group of work, check whether there is something the client needs to remove from their personal space, whether placing plants within their work or living space would absorb toxic fumes or whether simply opening windows and letting fresh air through the house or work place for a period of time each day help.

Looking at both the Meridian and Physical Functions of the Five Elements

ELEMENT 1 – GALL BLADDER AND LIVER MERIDIANS

The **Wood Element**, basically Yang or masculine in character, is associated with the colour green, spring and rebirth, the seeking of new growth and expansion. People with the right balance of Wood Energy are sensitive, outgoing and good leaders. People with an excess of Wood Energy tend to be overly assertive, aggressive and easily roused to anger while people with deficient Wood Energy tend to be restless and lethargic. Unresolved anger impacts on the Liver-Gall Bladder Energy System and can cause both Liver Blood and Liver Chi Stagnation within the liver and gall bladder organs leading to a disruption in the smooth flow of energy throughout the body.

GALL BLADDER

Physical Function - Known as the 'Honourable Minister', the gall bladder organ is in charge of the 'Central Clearing Department'. It stores and concentrates bile until it is needed in the small intestine. In the concentration process water and ions are absorbed by the mucosa of the gall bladder. It secretes the pure and potent bile fluids required to digest and metabolize fats and oils and its Energy provides muscular strength and vitality.

In order to function optimally the gall bladder organ depends on the Liver Energy System to maintain a smooth flow of Chi throughout the body. It distributes nutrients and balances the total energy through the aid of the internal hormones and secretions such as bile, gastric acid, insulin and intestinal hormones.

The gall bladder also works with the lymphatic system to clear toxic metabolic by-products from the muscular system in order to eliminate muscular aches and general fatigue. In the Chinese system, the common tension headache is caused by an obstruction in the Gall Bladder Meridian, which runs to the top of the head and forehead, the back of the neck and over the shoulders. Consequently, these headaches are usually accompanied by neck and / or shoulder tension. I have found that holding GB 14 on the forehead lightly will often relieve these headaches for clients.

Meridian Function - The Gall Bladder governs daring and decisiveness. In Chinese, the word for 'daring' is *da dan* ('big gall'). The English language also acknowledges this psycho-physiological relationship with the phrase 'a lot of gall'.

The Gall Bladder is responsible for making decisions and judgments, providing courage and initiative and stable emotional health. Although the Kidney Energy System controls drive and vitality, the Gall Bladder Energy System provides the capacity to turn this drive and vitality into decisive action.

The Gall Bladder has an influence on the quality and length of sleep. If the Gall Bladder Chi is Deficient, the patient will often wake up suddenly, very early in the morning and be unable to fall asleep again. People with a weak Gall Bladder Energy tend to be timid, indecisive and easily discouraged by slight adversity. Whereas, people with a strong Gall Bladder Energy tend to be decisive and determined and so able to fulfil any goals they may have set themselves.

Looking at both the Meridian and Physical Functions of the Five Elements continued

LIVER

Physical Function - The liver organ controls the peripheral nervous system, which regulates muscular activity and tension, regulates motor activity and determine physical coordination. The inability to relax is often caused by liver dysfunction or an imbalance in Wood Energy.

How the liver organ is functioning is often reflected externally in the condition of finger and toenails and by the eyes and vision. Blurry vision may be caused by a liver malfunction rather than an eye problem. Western medicine recognizes the symptomatic yellow eyes of liver jaundice.

The liver stores the blood and the heart moves it. During rest or sleep the blood will return to the liver. One of the liver's functions is to maintain a smooth and uninterrupted flow of virtually all the body substances (including Chi, Blood, Jing and body fluids). Because the liver regulates the Chi flow in the entire body, it profoundly influences the other organ networks – helping the stomach to move food down into the small intestine, the spleen to transport the extracted Food Essence up to heart and aid the unobstructed movement and metabolism of water. Through its association with Wood Energy, the liver governs growth and development, drive and desires, ambitions and creativity. Obstruction of Liver Energy can cause intense feelings of frustration, rage and anger and these emotions in turn further disrupt Liver Energy and suppress liver function, in a vicious self-destructive cycle.

- (a) Carbohydrate metabolism to maintain a normal blood sugar level. Converts
Glucose ⇌ glycogen
Fructose and galactose → glucose
Certain amino acids and lactose → glucose
Glucose → triglycerides (neutral fats)
- (b) Lipid metabolism
Breaks down fatty acids into acetyl co-enzyme A (beta oxidation)
Converts excess acetyl co-enzyme A into ketone bodies.
Synthesize cholesterol and uses cholesterol to make bile salts.
Synthesize lipoproteins that transport fatty acids, triglycerides and cholesterol to and from the cells.
- (c) Protein metabolism
The liver removes the NH₂ from amino acids so they can be used for ATP production or converted to carbohydrates or fats.
Convert toxic ammonia NH₃ into toxic urea for excretion in the urine.
Hepatic cells synthesize plasma proteins – alpha and beta globulins, albumin, prothrombin
Liver enzymes can transfer one amino acid into another amino acid

Looking at both the Meridian and Physical Functions of the Five Elements continued

Liver Physical Function continued

- (d) The liver detoxifies drugs or excretes drugs into bile to be removed from the body.
The liver can also chemically alter or excrete thyroid or steroid hormones.
- (e) Excretion of Bile
Bilirubin derived from the haem of worn out blood cells is absorbed by the liver from the blood stream and secreted into bile. Most of the Bilirubin in bile is then metabolized in the intestines by bacteria and eliminated in faeces.

Meridian Function - The Liver is called the 'Official of Planning' Everything operates according to a plan (or blueprint) for its function (digestion, respiration, circulation, menstruation, etc.). Nothing occurs randomly, but inevitably follows built-in natural laws. With a clear sound plan in place, everything works in synch, harmoniously and smoothly. All parts "know" what to do, when and where to do it, as well as what the contingency plans are, if the unforeseen arises.

The Liver Meridian grants us powers of reason, clarity of thought, logic, the ability to "see" with the mind's eye what is communicated by another, as well as to present our ideas in a way that others can "see" what we mean. If the Liver is imbalanced, we may be unable to make plans, be uncertain, tentative, aimless, or may over-plan, (over-perfectionism, in which case nothing gets started because it's not perfect enough. We may become so attached to one point of view (lacking flexibility and adaptability) and, incapable of "seeing" another idea, we become rigid, bossy, or overly-assertive. "Not only is this my plan, but it better be yours, too!" In the other extreme, this imbalance we may completely surrender our own plans, ideas and visions, to blindly follow another.

The Liver Meridian stores nutrients and energy for physical activity, cultivates resistance against disease and detoxifies the blood to maintain physical energy

ELEMENT 2 – BLADDER AND KIDNEY MERIDIANS

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

Looking at both the Meridian and Physical Functions of the Five Elements continued

BLADDER

Physical Function

Known as the 'Minister of the Reservoir' the bladder organ is responsible for storing and excreting the urinary waste fluids passed down from the kidneys. The bladder expels urine containing urea, creatine (from the breakdown of creatine phosphate), uric acid (which is the catabolism of nucleic acids – DNA & RNA derived from food and cellular destruction), hippuric acid (benzoic acid – a toxic substance in fruit and vegetables), indicant (resulting from bacterial breakdown of protein in the large intestine), ketone or acetone bodies and in minute amounts carbohydrates, pigments, fatty acids, mucin, enzymes and hormones.

Meridian Function - The Bladder Meridian function is related to the mid-brain with co-operates with the kidney hormone system and pituitary gland helping the physical bladder to eliminate the final product of the body liquid purification – urine. It also works in the autonomic nervous system related to the reproduction and urinary organs.

The Bladder Meridian runs along the back of the body from head to heel, with two parallel branches flowing along each side of the spinal column. These four branches of the Bladder Meridian exert a direct influence on the sympathetic and parasympathetic trunks of the autonomic nervous system. The ANS regulates all the body's basic vital functions. All the stresses of modern life over-activate the sympathetic system, causing tension and pain along the spine and its periphery. This tension and pain may be relieved by stimulating the flow of Energy along the spinal branches of the Bladder Meridian. Such stimulation induces total relaxation by switching the autonomous nervous system over to the restful, restorative parasympathetic mode.

The Back-Shu (Transporting) Points located on the inner medial pathways of the Bladder Meridian running down the back on each side of the spine have a profound effect on the internal organs. After reading the pulses, an acupuncturist will needle specific Back-Shu points to send energy directly to its related organ and so bypassing the individual Meridians.

KIDNEY

Physical Function - Known as the '**Minister of Power**' the kidney organ is regarded as the body's most important reservoir of Essential Energy. The Yuan Chi (the Original Prenatal Chi) forms the basis of life and is stored in the Kidney Organ-Energy System, which is why the kidneys are also known as the 'Root of Life'. In the Chinese view, the Kidney Organ-Energy System also includes the adrenal glands, which consist of the adrenal medulla and the adrenal cortex. These glands sit like hats on top of the kidneys and secrete a wide range of essential hormones that regulate metabolism, excretion, immunity, sexual potency and fertility. Destruction of the adrenal cortex is fatal.

Looking at both the Meridian and Physical Functions of the Five Elements continued

KIDNEY Physical Function continued

The Kidney Organ-Energy System also includes what the Chinese call the 'external kidneys' - the testicles in men and the ovaries in women. The kidneys control sexual and reproductive functions and provide the body's prime source of sexual vitality, which the Chinese regard as a major indicator of health and immunity. The kidney organs themselves are responsible for filtering waste metabolites from the Blood and regulating its fluid and electrolyte content. They excrete waste fluids, nitrogenous wastes from protein metabolism, some bacterial toxins, inorganic salts plus some heat and carbon dioxide by moving them onwards to the bladder for excretion in urine. Along with the large intestine, the kidneys control the balance of fluids in the body. In addition, they regulate the body's acid-alkaline balance (pH) by selectively filtering out or retaining various minerals.

The kidneys, particularly the adrenal glands, are especially vulnerable to damage from excessive stress and sexual abuse. In the Chinese view, such damage is a major cause of immune deficiency, low vitality and sexual impotence.

The kidneys control the growth and development of bones and nourish the marrow, which is the body's source of red and white blood cells.

The kidneys are the seat of courage and willpower and therefore any impairment in Kidney Chi results in feelings of fear and paranoia. The Marrow produced from the Kidney Essence flows into the brain. The thinking ability is strengthened when Chi and Blood in the cerebral cortex are abundant. They control short-term memory and store data. The kidneys provide the capacity and drive for strength, skill and hard work. A person with strong Kidney Chi can work hard and purposefully for long periods of time.

Meridian Function - The Kidney Meridian controls energy to the body by holding and stabilizing the distribution of the Super Chi sent down from the lungs. It governs resistance against mental stress via control of the internal hormone secretions. The Kidney Meridian, on the left side of the body between the second and third lumbar vertebrae, produces urine by detoxifying and purifying the blood and so preventing acidosis. Whereas on the right side of the body between the second and third lumbar vertebrae it controls the manufacture of cortisone.

The Kidney Energy System's positive psycho-emotional attributes are wisdom, rationality, clear perception, gentleness and self-understanding. The negative attributes are fear, loneliness, insecurity and shock. Shock attacks the Heart first then descends into the Kidneys to become fear. Fear causes the Chi to move inward and downward.

Looking at both the Meridian and Physical Functions of the Five Elements continued

ELEMENT THREE – LARGE INTESTINE AND LUNG MERIDIANS

The **Metal Element**, basically Yin and feminine in character, is associated with the colour white and autumn. The energy of the Metal Element contracts as the environment begins to dry out and it prepares itself to survive the next cycle of the seasons. Metal represents all the crystals, minerals and precious gems throughout the world. Its paired Meridians, Lung-Large Intestine, when in harmony and balance offer us the opportunity to manifest the perfect diamond within, 'to shine' and know and rejoice in the knowledge of our self-worth. People with the right balance of Metal Energy are organized, contained, self-reliant, respectful of themselves and others and happy to both give and receive praise for achievements. People with an excess of Metal Energy may be controlling, overly ambitious, even foolhardy and often set in their ways while those with a Metal Energy Deficiency will tend to let others control and walk all over them as well as totally lacking in ambition.

The key positive emotion associated with the Metal Element is courage while the negative emotion is grief. The Lung-Large Intestine Energy System is particularly susceptible to excessive dryness and prolonged states of grief causing Lung Chi Deficiency within the lung and large intestine organs. Lung Chi Deficiency impacts the lung's function of controlling respiration in order to disseminate the Chi to all parts of the body as well as assisting the heart to move the Blood. If the Lung Chi is deficient it cannot descend to assist the large intestine with the efficient absorption of water and salts, the production of Vitamin K

LARGE INTESTINE

Physical Function - The large intestine organ is called the 'Minister of Transportation'. It controls the transformation of digestive wastes from a liquid to a solid state before the solids are moved onwards and outwards for excretion through the rectum. It plays a major role in both balancing and purifying all the fluids in the body and assists the lungs in controlling the skin's pores and perspiration. Coupled with the lungs by Metal Energy the large intestine is dependent on the lungs to regulate abdominal pressure by the expansion and contraction of the diaphragm to instigate peristalsis.

Vitamins, fluid, sodium and chloride are absorbed in the large intestine. Any digestion in the large intestine is due to the action of bacteria. The bacteria synthesize vitamin K and some of the vitamin B Complex vitamins. The large intestine eliminates food and waste products such as nitrogen, carbon dioxide, hydrogen, methane and hydrogen sulphide.

Meridian Function - The Large Intestine Meridian actually helps the function of the lung. It helps with the elimination of stagnant Chi energy.

The warmth and light from the sun provide an abundance of Yang Chi to the Large Intestine Channel ensuring there is an abundance of Chi and Blood to maintain good health.

Looking at both the Meridian and Physical Functions of the Five Elements continued

LUNG

Physical Function - Known as the 'Prime Minister', the lungs control breath and Energy and assist the 'King' (heart) with the circulation of blood. The Internal Medicine Classic states: 'Energy is the commander of blood; when Energy moves, Blood follows. Blood is the mother of Energy; where Blood goes, Energy follows.' This intimate relationship between breath and pulse, blood and Energy form the basis of Chinese breathing exercises. Breathing directly controls and regulates the autonomic nervous system which governs both Energy circulating throughout the body and pulse. Breathing forms a direct bridge between body and mind and may be utilized to keep the two in balance.

The lung supplies the cells of the body with oxygen and removes carbon dioxide from the blood stream. The carbon dioxide has been produced by cellular activity throughout the body and is collected by the blood as it travels round the body.

Meridian Function - As would be expected the Lung Meridian is responsible for the uptake of oxygen into the lungs. It also regulates the uptake of pure Chi energy from the air we breathe. The spleen sends to the lungs energy extracted from the intake of food and fluids. The lung combines it with the pure Chi that has been extracted from the air to make a 'super' chi and then distributes the Chi through the meridian system. So, the Lung Meridian is responsible for cellular respiration throughout the body. The Lung Meridian helps to build up resistance against external intrusions. During exhalation, the Lung Meridian releases and eliminates gases not needed for the body.

ELEMENT FOUR – STOMACH AND SPLEEN MERIDIANS

The **Earth Element** provides a balance of Yin and Yang Energy and it is associated with the colour yellow and damp and the change or turning of each of the four seasons. It has a stabilizing, nurturing and conserving influence seeking to draw everything together to function optimally. The paired Meridians, Spleen-Stomach, when in harmony and balance offer stability. Its positive attributes are patience, hard work, thoughtfulness and practicality.

People with the right balance of Earth Energy tend to be kind, supportive and warmhearted. People with an excess of Earth Energy could exhibit traits of self-centredness and selfishness. People who are deficient in Earth Energy may merge with their environment and have difficulties setting appropriate boundaries. The key positive emotions associated with the Earth Element are empathy and contentment while the key negative emotions are obsession and bitterness. The Spleen-Pancreas Energy System is particularly sensitive to dampness which can compromise its normal functions of transforming the essence of food into Blood.

Looking at both the Meridian and Physical Functions of the Five Elements continued

The Earth Element continued

STOMACH

Physical Function - The stomach is called the 'Minister of the Mill' and is also known as the 'Sea of Nourishment'. Contractions of the stomach muscle, called peristaltic waves, grind, crush and mix the food producing a liquefied substance called "chyme." The pyloric sphincter keeps food and gastric juices in the stomach until liquefied enough to proceed into the duodenum. Each time a peristaltic wave reaches the pyloric sphincter, a small spurt of chyme is released into the duodenum. This process will continue until all of the food is liquefied in the stomach and has proceeded to the duodenum. Microbes in the food are killed off in the stomach by acids. Parietal cells secrete HC1 to unfold the proteins in food and stimulate the secretion of hormones that promote the flow of bile and pancreatic juices. Chief cells secrete pepsinogen (to digest the enzymes in food) and gastric lipase (to split the short chain triglycerides). The stomach absorbs some water, electrolytes and certain drugs especially aspirin and alcohol.

Meridian Function - The Stomach Meridian is related to the functioning of the stomach, oesophagus, duodenum, and reproductive system including the menstrual cycle, lactation, ovaries and appetite mechanism.

The Stomach Meridian influences our mental state if there is disharmony within the stomach the mind becomes agitated and unsettled. Any dysfunction of the stomach results in an immediate deficiency or imbalance in the nourishing Energy channelled from the stomach to the other organs.

The Stomach's bio-energetic function to extract pure postnatal Energy from foods and fluids – the flavour and essence of the nutrients and send it to the Spleen-Pancreas Energy System to produce the 'Gu Chi'.

SPLEEN

Physical Function - The spleen is called the 'Minister of the Granary' and is likened to the Earth. Just as the earth provides food for our nourishment, so the digestive system produces the Energy and nourishment needed by the rest of our bodies. The spleen plays a central role in our overall health – if it is strong and healthy we usually have a greater ability to recover from sickness. The spleen stores and releases blood as and when it is needed. Its main function is phagocytosis – the engulfing and ingestion of bacteria and worn out or damaged red blood cells and platelets. The spleen is also involved in the immune system by producing B cell proliferation into plasma cells. Mental fatigue adversely affects the spleen. Lack of exercise causes malfunctioning in the digestive system and slows hormone secretion.

Meridian Function - The Spleen Meridian is involved in the digestion system specifically in the process of fermentation and governs the release of saliva, gastric bile, secretions from the small intestine and the reproductive hormones related to the breast and ovaries. The generating and controlling relationships of the Spleen Meridian help synchronize all the body's metabolic functions within one unified system.

Looking at both the Meridian and Physical Functions of the Five Elements continued

Spleen Meridian Function continued

The Spleen is associated with all of the organs, glands and bodily functions directly responsible for digestion (with the exception of the Stomach).

The Spleen Meridian works with the kidneys to control the fluid balance throughout the body and controls the raising of Chi to prevent the sinking and / or the prolapse of the organs. The Spleen Meridian supports and controls the muscles and provides strength and Energy to the four limbs.

The Spleen controls our mental ability to think and concentrate. Pensiveness or concentration is considered to be the result of thinking too much or excessive mental and intellectual stimulation. Any activity that involves a lot of mental effort will run the risk of causing disharmony and lead to a deficiency of Spleen Chi (Vital Energy), which in turn causes worry and results in fatigue, lethargy and the inability to concentrate.

Elements 5/6 - Triple Warmer / Circulation Sex and Small Intestine/Heart Meridians

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

TRIPLE WARMER (also known as San Jiao, Triple Heater, Triple Burner and Triple Energizer)

The Triple Warmer Meridian, more commonly called the **Triple Burner**, has a name but supposedly no physical shape. However, Dr. Daniel Keown, a medical doctor and acupuncturist, released his book "The Spark in the Machine" in 2014 in which he states that it is through the fascia that the Triple Burner has a physical reality. In the Ancient Chinese Text, 'The NanJing' it is called the Three Metabolisms which later was translated into English as the Three Burners.

Fascia also explains the Meridian Channels - the pathways of Chi through the body that connect the internal organs before emerging on the outside through the channels of the arms and legs and the numerous acu-points because the internal Meridian Channels flow along the folds of the fascia.

Looking at both the Meridian and Physical Functions of the Five Elements continued

The Sovereign Fire continued

TRIPLE WARMER

Physical Function - It is composed of three parts or divisions, known as 'Burners', each associated with one of the body's three main cavities – thorax, abdomen and pelvis. In simple terms the Upper Burner controls intake, the Middle Burner controls transformation, the Lower Burner controls elimination.

- The **Upper Burner** runs from the base of the tongue to the entrance to the stomach and controls the intake of air, food and fluids. It harmonizes the functions of heart and lungs, governs respiration and regulates the distribution of protective Energy (Wei Chi) to the body's external surfaces.
- The **Middle Burner** runs from the entrance to the stomach down to its exit at the pyloric valve and controls digestion by harmonizing the functions of stomach, spleen and pancreas. It is responsible for extracting nourishing Energy from food and fluids and distributing it via the Meridian System to the lungs and other parts of the body.
- The **Lower Burner** runs from the pyloric valve down to the anus and urinary tract and is responsible for separating the pure from the impure products of digestion, absorbing nutrients and eliminating solid and liquid wastes. It harmonizes the functions of liver, kidney, bladder and the large and small intestines. It also regulates sexual and reproductive functions.

Meridian Function - The Triple Burner Organ-Energy System, called the 'Minister of Dykes and Dredges' and also 'The Official of Balance and Harmony', is responsible for – (i) governing water metabolism by moving and transforming various solids and fluids in the body, (ii) the production and circulation of Nutritive or Nourishing (Ying) Chi and Defensive or Protective (Wei) Chi to all the organs of the body, (iii) regulating metabolic functions, as well as their production of Chi, Blood, Body Fluids and waste, (iv) acting as a conduit, a channel or pathway, for the heat transferred between the organs, (v) the distribution of the Inherited (Yuan Chi) to the internal organs, the Twelve Bilateral Meridians and finally the Twelve Source Points (Yuan Points), (vi) it influences the functioning of the small intestine and visceral organs and controls the circulation of energy to the entire body, (vii) helping to maintain the integrity of the functioning of the lymphatic system by transforming and transporting the fluids in the body, (viii) helping to balance the heat of the body – upper heat related to the chest, middle heat related to the solar plexus area and lower heat around the navel and to the peritoneum as well as to the extremities of the body.

When Chinese Medical doctors or acupuncturists read 'the pulse' they are actually monitoring the Triple Warmer Meridian. On the left lower forearm area, close to the wrist they read the 'heat' in the heart (upper bar closest to wrist crease), the liver in the middle bar and the Kidney in the lower bar. On the right lower forearm, they are reading the 'heat' in the lung (upper bar closest to wrist crease), the spleen in the middle bar and the kidney in the lower bar. These bar areas correspond to the Upper Heater, the Middle Heater and the Lower Heater.

Looking at both the Meridian and Physical Functions of the Five Elements continued

The Sovereign Fire continued

Triple Warmer continued

The Triple Warmer plays a pivotal function with the whole Meridian energy collating and distributing information to all the Meridians and the organs with which they are associated. It appears to have a significant role in the functioning of the immune system. It is interesting that in HK, after much empirical testing, Dr. Scott discovered that the TW 21 acu-point gave the clearest readings of allergic reactions.

The Triple Burner plays a **key role in ensuring our physical survival**. It is **linked into the adrenals and the endocrine system**. If necessary, the Triple Burner can pull Energy away from other systems leading to depleted Energy and ultimately immune disorders, stress, chronic fatigue and other uncomfortable emotions / reactions. As the Triple Burner and the Spleen Meridians are **direct opposites on the Meridian Wheel they pull Energy from each other**. As survival is always top priority the Triple Burner easily claims the lion's share of Energy and this can lead to a depletion of Spleen Energy and consequently the production of pure blood is impaired. Just living in the modern world **constantly** has the Triple Burner **on alert**, ready to do 'battle' as it scans the environment for threats.

CIRCULATION SEX (also known as Pericardium or Heart Protector)

The Circulation Sex Meridian is represented in the physical body by the pericardium. The pericardium is a tough, fibrous, outer coating with discrete attachments to the sternum, great vessels, and diaphragm and an inner membranous coat. The pericardium contains approximately ten to fifteen cubic centimetres of serous fluid. The function of the pericardium is to limit or prevent acute pathological distension of the heart once the pericardial reserve volume has been used up and the pericardium is stretched.

The pericardial attachments maintain the heart in its normal position and are so arranged that external forces exerted on the pericardium by respiration or changes in body posture tend to cancel each other and maintain a constant heart position. In layman's terms, it is a loose-fitting sac that houses and protects the heart.

Meridian Function - The Circulation Sex Meridian maintains the functions of the heart related to the circulatory system including the heart sac (pericardium), cardiac artery, and the system of arterial and venous flow of blood throughout the body. The Circulation Sex Meridian is also implicated in the function of the digestive system.

Why did early Western pioneers of acu-puncture choose to call the Pericardium Meridian the Circulation Sex Meridian? The Pericardium Meridian is responsible for circulating the blood and also it links the physical and emotional aspects of sexual activity by moderating the raw sexual energy of the kidneys with the love generated by the heart.

Looking at both the Meridian and Physical Functions of the Five Elements continued

Element 6 - Sovereign Fire

Small Intestine

Physical Function - Known as the 'Minister of Reception', the **small intestine organ** receives partially digested food from the stomach and further refines it, separating 'the pure from the impure', then assimilating the purified nutrients and moving the impure wastes onwards to the large intestine for elimination.

Most carbohydrate, protein and fat digestion occurs in the small intestine. Carbohydrates entering the small intestine include dextrins, maltose, starch, sucrose and a small amount of lactose. Pancreatic amylase digests the starch and dextrins and converts them to maltose. The maltose is then digested by maltase and forms two glucose molecules. Sucrose is digested by sucrase into glucose and fructose. Lactose is digested by lactase into glucose and galactose.

Protein digestion begins in the stomach with pepsin and as it moves into the small intestine is converted into amino acids. Fats are broken down into fatty acids and monoglycerides. Glucose, galactose, fructose, amino acids, fatty acids, monoglycerides, vitamins, water and electrolytes are absorbed in the small intestine.

Meridian Function - Associated with the Heart Channels by Fire Energy, **the Small Intestine Channels** control the more basic emotions. This is reflected in the Chinese term 'duan chang' (broken intestines) which is equivalent to the English term 'broken heart'. The Small Intestine Meridian runs into the head, where it influences the function of the pituitary gland, the 'master gland'.

The Small Intestine Meridian influences the patient's mental clarity, judgment and powers of discernment. The ability to distinguish relevant issues with clarity, before making a decision, is attributed to the Small Intestine.

The Meridian runs into the head where it influences the function of the pituitary gland – the master gland. Secretions from the Pituitary Gland regulate growth, metabolism, activate the immune system, sexuality and the entire endocrine system. Through its association with the Fire energy the Small Intestine Meridian controls our basic emotions.

HEART

Physical Function - The heart pumps oxygen-poor blood in the pulmonary circulation (vascular network of the lungs) and oxygen-rich blood through the systemic circulation and therefore all the other organs depend upon it for sustenance. Fibres of the sinoatrial node within the right atrium of the heart automatically generate rhythmic impulses that control the heart's conduction system. Venous return, the autonomic nervous system, hormones and the concentration of certain ions all influence cardiac function. In Chinese acu-puncture the word for 'heart' (hsin) is also used to denote 'mind'. When the heart is strong and steady it controls the emotions. Our thoughts and emotions influence the function of all the various organs via the pulse and blood pressure.

Looking at both the Meridian and Physical Functions of the Five Elements continued

Sovereign Fire continued

Heart Physical Function continued

Blood pressure is controlled by the heart's function and it is from the heart that the emotions arise. Internally, the heart is functionally associated with the thymus gland. The thymus is located in the same cavity and forms a mainstay of the immune system. Extreme emotions such as grief and anger have an immediate suppressive effect on the immune system by inhibiting thymus function, a phenomenon that has long been observed but little understood in Western medicine.

Externally, the heart is related to the tongue. The colour and texture of the tongue thus reflects the condition of the heart. Facial complexion, a direct reflection of blood circulation, is also a major external indicator of heart function. The Fire Energy makes the heart the dominant organ of summer as the heart must increase circulation to the surface in order to dissipate excess body heat.

Long-term memory, thinking, emotions, intimacy, cognition, intelligence and ideas are all dominated by the function of the heart.

Meridian Function - The Heart Meridian is The Emperor or Supreme controller of all Yin and Yang organs - 'ZangFu'. The Heart Meridian transforms the Gu Chi (essence of the food and fluids) sent by the Spleen/Pancreas Organ System into blood. It governs the blood circulation and the total body via the brain and the five senses. It is said that the Heart houses the Shen. The Shen represents the mental, psychological and spiritual aspects of our being which shape our personalities. The Heart meridian helps us to adapt external stimuli to the body's internal environment.

The Shen needs Blood for nourishment and vitality and the Blood needs emotional stability so as not to be dissipated. Sadness makes Lung Chi deficient with a knock-on effect through the entire Chi in the body and since the Heart governs the emotions, Heart Chi can become adversely affected. Excessive joy can make the Heart Chi slow and become deficient (Heart Chi Deficiency). Fear causes the Chi to move inward and downward and impact on the Kidney Chi and the adrenals

The heart has its **own intelligence system** and could be considered our most powerful brain as it contains its own nervous system and nerve ganglia that process information and send it to the neocortex. (The neocortex is part of the cerebral cortex and is involved in the higher functions such as sensory perception, generation of motor commands, spatial reasoning, conscious thought and language.)

The heart is a **hormonal gland** producing its own neurotransmitters - the catecholamines - dopamine, adrenaline and noradrenaline. These substances affect the kidneys, the adrenal glands, the circulatory system and the neocortex. (Catecholamines are derived from the amino acid tyrosine and are water-soluble. They are 50% bound to plasma proteins when they circulate in the bloodstream. Pronounced 'cata-cholamnein')

My References for the information on the Physical and Meridian Functions of the Five Elements (Zangfu):

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- James MacRitchie 'Eight Extraordinary Channels – Qigong'
- Piero Ettore Quirico and Tiziana Pedrali 'Teaching Atlas of Acupuncture: Channels and Points'
- Yoshio Manaka with Kazuko Itaya and Stephen Birch 'Chasing the Dragon's Tail'
- Ted J. Kaptchuk 'The Web that has no Weaver'
- Dr. Daniel Keown 'The Spark in the Machine'
- Daniel Read 'The Complete Book of Chinese Health and Healing'
- Shizuto Masunaga with Watani Ohaslii 'Zen Shiatsu'
- Ronald Henry 'Quantum Acupuncture'
- Peter Shea 'Alchemy of the Soul'
- David Twicken 'Eight Extraordinary Channels'
- Gay Hubatch 'Fabric of the Soul'
- Yvonne R. Farrell 'Psycho-Emotional Pain and the Eight Extraordinary Vessels'
- John Pirog 'The practical application of Meridian Style Acupuncture'
- Harriet Beinfield and Efrem Korngold Ballantine 'Between Heaven and Earth'
- Solomon, Schmidt and Adranga 'Human Anatomy and Physiology'

Your personal notes:

People Who Fail to Plan - Plan to Fail

1. **You have to be pro-active to succeed in business.** Set your goal, visualize your diary busy on the days you have decided to set aside for HK. HK is a tool that can touch many people's lives for the better. Use it!
2. **Make sure you are seen- get your name out there.** Put out your leaflets and posters everywhere possible. Talk to your local library, your Health Food Shop and the corner store. All excellent places to put out information. If you decide to go for a series of adverts in your local paper make sure you negotiate at least 200 words of free editorial space to run along side your ads. Organise events – allergy testing mornings.
3. **Speak or write about your practice as often as possible.** Register at the local library as a speaker for organizations. Write to the local WI committee offering to come and speak. You are free to adapt the HK presentation your tutor will email to you after the class. Write articles about client success stories and send them regularly to the local paper or free magazines.
4. **Make sure you are on-line.** Be on the HKI register and have a link to your personal page with your picture and information on you. Clients often like to 'see' who the practitioner is, before they pick up the phone to make the initial contact.
5. **Walk your talk. Keep yourself well and vibrant by working on yourself on a regular basis.**
6. **Keep existing clients enthusiastic about HK and its benefits.** Six weeks after a course of sessions phone the client to see how they are progressing. Perhaps offer them a free 15-minute appointment to check their progress. **Write to or email clients once or twice a year.** Keep your clients up to date with your progress – been on a new course write and say.
7. **Join the local business organizations.** Network at events and get yourself and what you do known. Be enthusiastic about HK. Always have some leaflets and personal cards with you to give out.
8. **Offer taster sessions for free or half price.** If you are enthusiastic about HK and how it can help others then new people you meet can be encouraged to come along for taster sessions.
9. **Perhaps get involved with the local civic groups and committees.** The more people you know and the more people you meet then the more people who will know about HK and how you as an HK practitioner can help them.
10. **Be realistic about your charges.** Once you are qualified charge by the session not by the hour so that clients know how much they will pay before they come. If you feel comfortable with it, give reductions for those on reduced incomes. If a client fails to show enjoy the hour but please don't charge them for it. Give them a call and re-book them, if possible. Saying you will charge them for the missed appointment the next time they come invariably ensures another no-show.

HK 5 Open Book Paper

- 1) Explain what it meant by the Cognitive process
- 2) When we do Cognitive-Sensory Energy Integration corrections what stresses are we looking for?
- 3) Which senses are involved for the EFB C-SEF corrections?
- 4) What are we correcting when we do an EFB Body Position Memory correction?
- 5) Give 3 differences between TEB's and ERF: FER's.
- 6) What is the purpose of the ERF: FER?
- 7) Emotions Training - an Energy Toning exercise - strengthens the connections between which two subtle bodies?
- 8) When exercise comes up as an adjunctive to be considered for a client who is quite debilitated what is the most likely option for the client?
- 9) What 3 variables should you consider when working up an exercise schedule for a client?
- 10) When the psychological structure Linked Opposites comes up as the next correction what is the best way to TL the items?
- 11) What is the procedure for doing a Linked Opposite correction?
- 12) With which Meridian is the Psoas muscle associated?
- 13) When working through your menu and the next correction is Energy Control System **Other** how do you go about setting it up?
- 14) How is the cell energy affected when we place a north-seeking pole of a magnet to the body?
- 15) Name 3 environmental factors that can adversely affect our health.
- 16) Name the points used for Activation 0
- 17) Name the points used for Sedation 0
- 18) When setting up a POM correction and the aspect to be considered is **Other** on the matrix - name 4 possible things you might test
- 19) Name the key words for each of the seven chakras.

Where are we working in the body when we do the following corrections?

- 20) Psychological corrections?
- 21) TEB's?
- 22) EFB: Chakra corrections?
- 23) ECS: Mechanism Control?
- 24) ECS: EMF?
- 25) ECS: EC?
- 26) ECS: BBEI?
- 27) ECS: Phantom Sensation?
- 28) SET Allergy / Detox
- 29) EFB SEF Vision TL ↓ when looking at black
- 30) EFB Cognitive-SEI

I originally prepared this Open Book Paper in 1996

Ann Parker's HK 5 Reference Manual

Notation Examples using the HK 5 Menu prepared by Amanda Brooks HK Tutor and Practitioner

ECF	Reflex	Element	Item / other factors
Fears	NL	5	<ul style="list-style-type: none"> - Fear of being considered stupid - a failure - alone - found wanting - overwhelmed by things out of my control
People / Me	EP	4	<ul style="list-style-type: none"> - People achieving their goals - Me achieving my goals
People / Me	NV	6	<ul style="list-style-type: none"> - People enjoying success - Me " " - Me " " in business
Named People	SED	2	<ul style="list-style-type: none"> - My brother, Thomas - My boss, Joseph - My father - My physics teacher, Mr. Lewis - My music teacher, Mrs. Lonsdale
Body Parts	NV	5	Kidney
	NL	2	<ul style="list-style-type: none"> - nephron - glomerulus - calyces
Body Parts	NV	3	<ul style="list-style-type: none"> - Left Hand - wrist - index finger - ring finger - thenar eminence
Ψ Imperatives	EP	2	<ul style="list-style-type: none"> - Give me patience - empathy - the ability to say sorry
Ψ Imperatives	NL	0	<ul style="list-style-type: none"> - Be successful - loving - grateful for small mercies - open to change - ethical
Ψ Imperatives	NL	1	<ul style="list-style-type: none"> - Make time for me - Care for me - Appreciate me
Ψ L / O	NV	0	<ul style="list-style-type: none"> - alive and numb - contentment and pretence - loving and belligerent
EFB: F / B	NV	3	<ul style="list-style-type: none"> - -- Focus See the pattern of concentric circles in mandala Loud rock music bright light shining in from lamp left hand being tapped by practitioner
EFB: C-SEI	NV	2	Remember the plot and characters of 'Cross Stitch'
Process of Remembering			

Ann Parker's HK 5 Reference Manual

ECF	Reflex	Element	Item / other factors
EFB: BPM	EP	5	Lying, knees together but bent at 30 degrees – feet flat on couch but toes bent under Arms across the body L/R hands touch the groin area Curled onto tight fists Head turned so left ear is flat on couch Eyes closed, mouth wide open, tongue out
EFB: C-SEI Process of Understanding	NL	5	Fill out a council application for a disabled parking disc
EFB: C-SEI Process of Learning	NV	0	Learn 15 German vocabulary words
EFB: C-SEI Topic	NV	1	Think about the Body Exhibition you recently visited
Phobia	NL	0,1,2	Phobia – heights
	NV	1,2,4	- look at picture of gently rolling countryside
	EP	2	- of low hills
	SED	0,2	- of mountains
			- imagine yourself walking along a path on the hill
			- imagine yourself standing inside a flat on the second floor of a building looking out
			- imagine yourself on the balcony of a 5 th floor penthouse
			- imagine yourself standing at the railing of the 5 th floor penthouse looking down into the street
			- climb up to the third step on the 8-step ladder
			- climb up to the top of the 8-step ladder
_____	NV	5	ERF: FER Focus: Right wrist - light pressure at base of thumb from right index finger - firm pressure at base of thumb from right middle finger - hold left wrist firmly with right hand - firm pressure from all 4 right finger pads onto the crease of left hand below palm
_____			► ADJ: Exercise Power Swim 20 minutes 3x a week Walk briskly 15 mins daily Review at next session
_____			► ADJ: Vital Energy - frozen peas - Avoid - fresh peas
_____			ADJ: Vital Energy Prozac *
_____			* Focus HK work on Prozac at the next session

Please refer to these notation examples when you are completing your session sheets, that way you will not make mistakes. These should be legible & neatly filled in, in black pen. Have your client sign the case study and note the time taken.

*Bio-Energetic Kinesiology - The HK System
also known as Natural Bio-Energetics in North America
developed by Dr. Jimmy Scott*

