

THE HEALTH KINESIOLOGY SYSTEM

HK 1



Jimmy Scott, Ph.D.



The Health Kinesiology Studies courses have been designed to give you a thorough grounding in the concepts and techniques used in HK. These Courses assist your development in becoming a truly professional body–mind–spirit bioenergetic kinesiology practitioner. HK offers Teaching Authorization and Practitioner Certification. All programs are available internationally. Class Attendance Certificates are provided for each student by the HK home office through your Teacher. Contact Health Kinesiology, directly or through the HK Website, or your Authorized HK Teacher for more information and study schedules.

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All the rest of the new NB 1 has been taken directly from my out of date Reference Manual
dated 2010.

TRADITIONAL CHINESE ACUPUNCTURE ENERGY THEORY AND HK PRACTICAL USAGE

Most of us were raised with the Western approach to medicine, an approach which differs from traditional Chinese medicine in important, fundamental ways. Current Western-style, allopathic medicine addresses the state of the physical body. It is especially successful with the surgical repair of mechanical injury and the rapid control of certain symptoms of acute disease (although some would argue that allopathic medicines cause significant, long-term damage to the body). Both the causes and cures of disease are seen as physical only, originating outside of the "afflicted" individual: "germs" cause disease; genetics predetermine your susceptibility to a particular disease process. By ignoring the energy blueprint of the body, Western medicine overlooks much of the innate human capacity for both immunity and healing.

Traditional Chinese medicine sees physical health and well-being as a direct reflection of the state of the underlying energy blueprint, including the meridian system. This is the same meridian system that is treated in acupuncture. Imbalances in this energy system can be the precursors of chronic or acute disease. The flow of energy in the meridians can be disturbed by imbalances in virtually any aspect of life: nutrition, emotions, thoughts, relationships, environmental chemicals, electromagnetic pollution, etc.

The acupuncturist uses a delicate process of pulse reading to monitor the meridian system, and typically uses fine needles, heat, and herbs to bring the meridian energies into balance. In HK we use muscle-testing to monitor the energy system. To bring it into balance, we use simple touch on energy reflex points, often combined with stimulation by carefully chosen stressors: thoughts, magnets, sensory input, allergens, etc. We also use nutrition, rest, exercise, affirmations, and more, to help achieve energy balance. In HK, as in traditional oriental medicine, the focus is on the energy system, knowing that only when it is in balance can the body overcome both physical and psychological dis-ease.

George Goodheart, Jr., D.C. was the first Westerner to document the intimate connection between the muscles and the meridian system. He found that each muscle is directly associated with a particular meridian. For example, a weak middle deltoid muscle is correlated with under energy in the lung meridian. Dr. Goodheart's discovery confirmed that the physical body and the Chinese meridian energies are indeed integrated, and that this integration can be monitored by manual muscle-testing. Some basic understanding of Chinese energy theory is essential to the HK practitioner.

THE FOURTEEN MAJOR ENERGY FLOWS

In kinesiology, we refer to fourteen major flows – these are the midline Governing and Central Vessels plus the twelve Bilateral Meridians. Each of these has its own acu-points. There are several specific muscles (and muscle-tests) associated with each of these meridians.

The Fourteen Major Energy Flows continued

The traditional twelve major Meridians run skin-deep over the head, torso, and limbs. These Meridians are bilateral, running in mirror image on both sides of the body. Traditional Chinese Medicine says that Chi, Qi, or Vital Life Energy, is absorbed into the body through the Lung Meridian, and from there distributed to the entire system according to the HORARY CYCLE. When Chi is deficient or its flow is disturbed in any way, it can seriously affect the well-being of the individual. The Horary Cycle is the basis of Meridian Tracing, which is fully explained later in this manual. The HK Energy Toning Movements, learned in a later class, uses the empirical HK Sequence (discussed below), which is different from the Horary Cycle.

In 'Vibrational Medicine', Richard Gerber, M.D., summarizes the various Western techniques that have documented the nature of the Meridian System. The width of a Meridian is about the same as the diameter of a single cell. Through Meridians, in addition to Chi, flows a fluid that is vital for life. Meridians are electromagnetic in nature, and vulnerable to disturbance by mechanical or electromagnetic forces. They have even been mapped with radioactive tracers! Also, the acu-points differ from the surrounding skin in their electrical characteristics.

Most of the twelve major Meridians are named after a physical organ, for example: stomach, kidney, and lung. Meridians and organs sharing the same name are related to the same body function. The kidneys filter the blood to maintain a biochemical balance within the system. The Kidney Meridian relates to the ability of every cell in the body to maintain biochemical balance. The lungs are the organs of respiration; they bring in oxygen and release carbon dioxide and toxins. The Lung Meridian relates to the respiratory function in all the tissues of the body. Does an imbalance in the Lung Meridian indicate a problem with the lungs? Possibly, but unlikely, unless this energy imbalance has been chronic.

There are also Eight "Extra" Channels which are not bilateral. Traditional Chinese Acupuncture documents them, but most acupuncturists trained in the Five Elements do not tend to use them. These flows seem to act as regulators for the twelve Bilateral Meridians. Six of the Extra Channels have no unique acu-points of their own. They cross the major meridians and share acu-points at these crossings. We do not usually use those six flows in HK. However, the remaining two are used extensively in bio-energetic kinesiology. These are the Governing Vessel (GV) and Conception or Central Vessel (CV). The Governing Vessel runs up the middle of the back. It is the only yang meridian which flows *up* the body. The Central Vessel runs up the midline on the front. These two Vessels do have their own acu-points. They also have an important relationship with the brain and mind, and are often used in HK with many different issues.

YIN AND YANG

Chinese tradition has a three-part view of life. There is Heaven, the yang energizing force which streams from above. There is Earth, the receptive, creative, material world below. And there is Man, humanity, designed to be the balancing and integrating factor between Heaven and Earth.

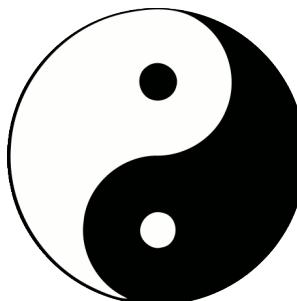
The traditional Yin / Yang symbol, shown below, depicts this energy beautifully. The dark, outer circle depicts the mystery of life, chi, as an undifferentiated whole. The white Yang energy and black Yin energy represent the duality of the manifest universe. They are dynamic and move cyclically. The black dot within the white yang form shows that there is seed of Yin energy within the Yang; the white dot within the black yin form shows the seed of Yang energy within the Yin. This symbol is a simple and profound picture of the dynamic, constant movement, adjustment and change inherent in life and energy.

As Woollerton and McLean mention in 'Acupuncture Energy in Health and Disease' - 'There has been a tendency to generalize very widely and to use the terms as if they were expression of two different forces, rather than aspects of the one force Yin / Yang - they are qualifying terms and both descriptive of activity of a different and complementary nature.'

The fourteen flows, we use regularly in our kinesiology sessions, are classified as Yin or Yang, seven Yang and seven Yin. When viewing the body in the standing position, with the arms raised over the head, the meridians that flow down toward the feet are Yang, and the meridians that flow up from the feet are Yin. The Yang Meridians are associated with organs that function cyclically, intermittently, and are considered hollow: intestines, bladder, stomach, gall bladder, etc. The Yin Meridians are associated with organs that function constantly and are considered solid: liver, kidneys, lungs, heart, etc.

Terms Traditionally Associated with Yang and Yin

YANG
HEAVEN
SUNNY
LIGHT
SUN
DAY
FIRE
HEAT
HOLLOW
DRYNESS
EXPANSIVE
MASCULINE



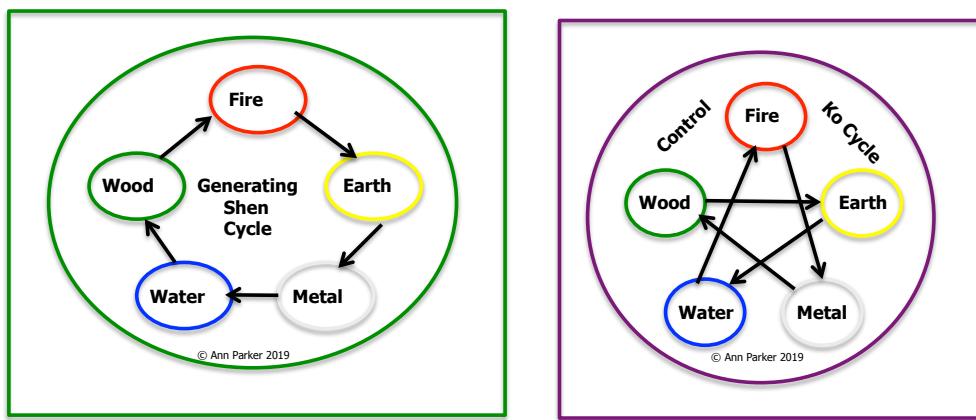
YIN
EARTH
CLOUDY
DARK
MOON
NIGHT
WATER
COLD
SOLID
DAMPNESS
RECEPTIVE
FEMININE

A note about the Yin-Yang symbol: Whether the symbol is printed vertically or horizontally, or whether it is one side or the other which is the black / white side (energetically) does not matter! Remember the Bio-Energetic Kinesiology – The Health Kinesiology System © Dr. Jimmy Scott 1995-2019

symbol is one of unity. With unity, any orientation is correct.

THE CHINESE FIVE ELEMENTS

The twelve major meridians are grouped in pairs, with one yang and one yin meridian in each pair. These are the COUPLED MERIDIANS, and traditionally this is called the HUSBAND / WIFE LAW. The coupled Meridians are grouped into the traditional Chinese LAW OF FIVE ELEMENTS: FIRE (Triple Warmer and Circulation-Sex along with the Small Intestine and Heart Meridians), EARTH (Stomach and Spleen), METAL (Large Intestine and Lung), WATER (Bladder and Kidney), and WOOD (Gall Bladder and Liver). Traditionally there are many important interconnections between these elements. Two important ones are called the Sheng (Creation) Cycle and the Ko (Control) Cycle.



The **Shen** (Sheng / Chen) **Generating Cycle** interactions are fuelling, forming, containing, carrying and feeding so we have Wood feeds fire, Fire forms earth (volcanoes/ash), Earth contains metal, Metal carries water (buckets/pipes), Water feeds wood (trees/plants). While the (five overcoming interactions) are melting, penetrating, separating, absorbing and quenching so we have Fire melts metal, Metal penetrates wood (chopping/sawing/drilling/nailing/screwing), Wood separates earth (tree roots breaking soil/rock), Earth absorbs water and Water quenches fire.

The Five Elements are in constant movement and change and these natural cycles of generating and controlling energies are essential to maintain balance and harmony in the body. When an Element becomes too strong and dominates the cycle then imbalances occur leading to physical ill-health. By working in priority with the Element in over-energy, as we do in HK sessions, we in fact correct the hyper-active Element and allow the recovery to harmony and balance of all the other Elements.

THE HK SEVEN ELEMENT SEQUENCE

In HK, we work with a seven Element sequence which we call the HK SEQUENCE. That sequence is illustrated in the chart on the following page. It includes the Governing and Central Vessels as Element 0 and splits the traditional Fire Element into Elements 5 and 6. In HK, we always test and correct in the HK Sequence order, always holding all the points for both coupled Meridians of any Element needed for a given correction.

THE HK SEQUENCE

ELEMENT		O	I	2	3	4	5	6	
Meridian	yang	Gv Governing Vessel	GB Gall Bladder	B Bladder	LI Large Intestine	St Stomach	TW Triple Warmer	SI Small Intestine	
		peak time	11 pm – 1 am	3 pm – 5 pm	5 am – 7 am	7 am – 9 am	9 pm – 11 pm	1 pm – 3 pm	
		clock sequence	1	9	4	5	12	8	
	yin	2	10	3	6	11	7		
		peak time	1 am – 3 am	5 pm – 7 pm	3 am – 5 am	9 am – 11 am	7 pm – 9 pm	11 am – 1 pm	
		Cv Central Vessel	Liv Liver	K Kidney	Lu Lung	Sp Spleen	Cx Circulation Sex	H Heart	
Traditional Element		(air)	wood	water	metal	earth	fire		
HK Element		mind	wood	water	metal	earth	(ministerial)	(sovereign)	
Colors		black / white	green	blue	yellow	brown	purple	red	

The Element colours we use in HK and may differ from some of the colours used in other systems. HK considers that many of the functions (traits) of the Meridians / Elements are largely dynamic in nature and may not be rigidly fixed and defined. Note the colors for Yang are darker shades / Yin lighter shades, but they are the same colour.

ANTERIOR DELTOID

LOCATION: From the outer third of the collarbone down the front of the upper arm, ending about 1/3 of the way from the shoulder to the elbow.

Origin: Lateral third of clavicle, collar bone.

Insertion: Deltoid tuberosity of humerus, the upper arm bone.

FUNCTION: From a resting position at the side of the torso, lifting the arm straight forward.

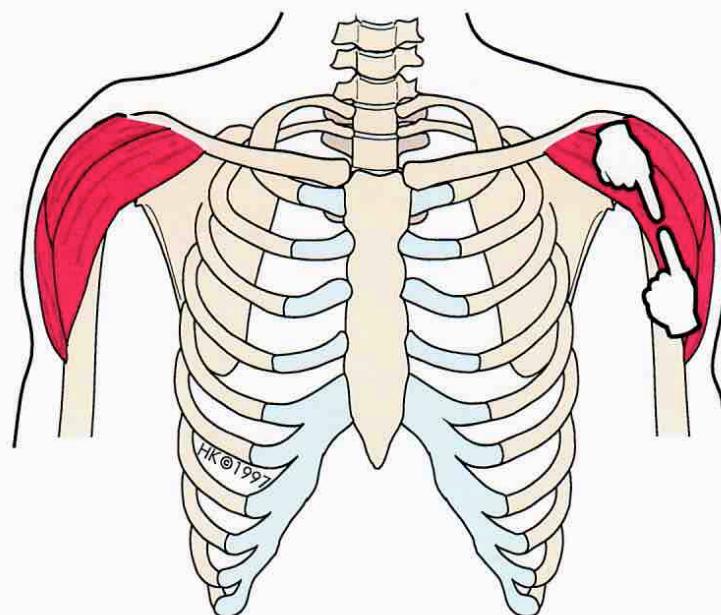
TEST Straight arm lifted about 30° out to the front, thumb medial. Stabilize

POSITION: by bracing the opposite shoulder when testing standing up.

SPINDLE: On the front of the upper arm, in line with the arm.

MERIDIAN: Gall Bladder, Yang.

COMMENT: The middle, anterior, and posterior deltoids all *insert* on the deltoid tuberosity, though they *originate* all around the shoulder.



ANTERIOR DELTOIDS

Anterior View

Spindling

MIDDLE DELTOID

LOCATION: From the top of the shoulder down the outside of the upper arm, ending about 1/3 of the way from the shoulder to the elbow.

Origin: Lateral acromion, the scapular bone forming the top of the shoulder.

Insertion: Deltoid tuberosity of humerus, the upper arm bone.

FUNCTION: Lifting the arm from a resting position at the side of the torso, out to the side at right angles to the body.

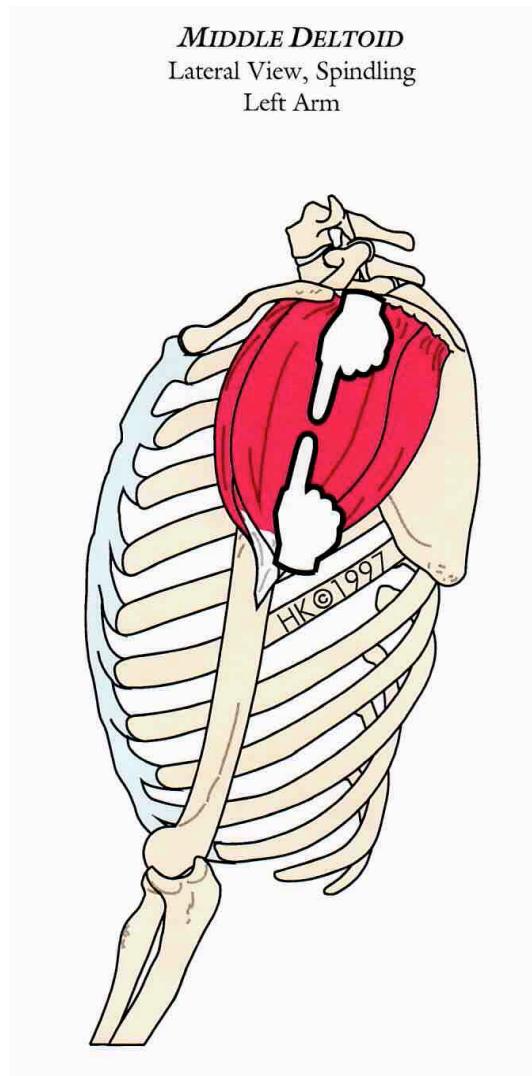
TEST POSITION: Arm at a right angle out to the side of the body, palm or thumb toward the feet.

Stabilize by bracing the opposite shoulder if testing while standing up.

SPINDLE: Top of the arm, on the side, near the shoulder, in line with the arm.

MERIDIAN: Lung, Yin.

COMMENT: The middle, anterior, and posterior deltoids all *insert* on the deltoid tuberosity, though they *originate* all around the shoulder.



QUADRICEPS – RECTUS FEMORIS

Location: On the front of the thigh, from the side of the pelvis and upper part of thigh bone to the shin bone, just below the knee cap.

Origin: (rf) Anterior inferior iliac spine / upper margin of acetabulum (hip socket) The other muscles of the quads all attach to the femur.

Insertion: (all) Patella (knee cap) and, via the patellar ligament, to the tibial tuberosity.

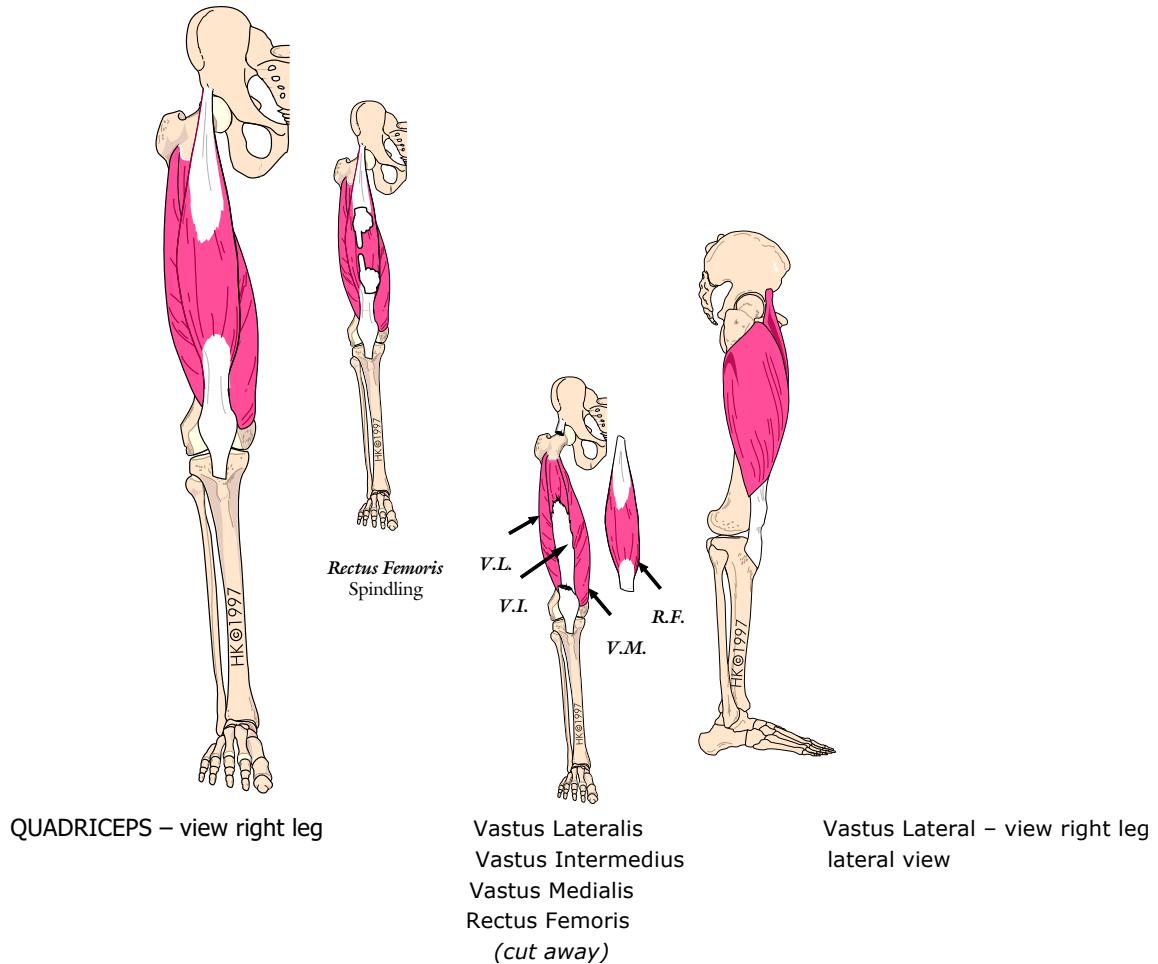
Function: Lifting the leg straight forward from a resting position in line with the torso.

Test Position: The leg lifted at right angles in front of the body with knee also bent at a right angle. If testing standing up, stabilize by bracing around waist.

Spindle: Mid-thigh, front of body, in line with the thigh itself.

Meridian: Small Intestine, Yang

Comment: The Quadriceps consists of four parallel muscles: *vastus medialis*, *rectus femoris*, *vastus intermedius*, and *vastus lateralis*. The *rectus femoris*, the major hip flexor, is the only one originating on the pelvis and so is the only part of the quads we actually test as described above. That is also why the spindling is done on it rather than other parts of the 'quads'.



BRACHIORADIALIS

Location: Forearm, upper, lateral.

Origin: The upper arm bone just above the elbow. Lateral supracondylar ridge of humerus.

Insertion: The lower arm, just above the wrist. Styloid process of radius.

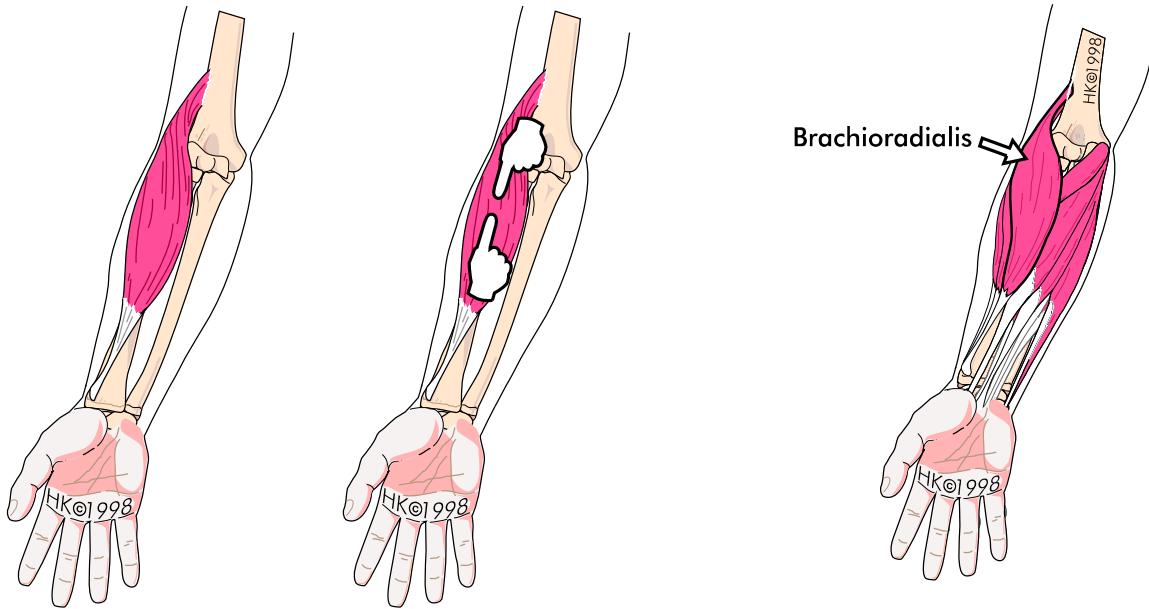
Function: Bends, flexes, the arm at the elbow, pulling the forearm from fully extended position to a 90° bend.

Test Position: Arm bent 90° at the elbow, thumb toward the shoulder. Push on the forearm, a few inches from the wrist to extend, straighten, the arm.

Spindle: On the forearm, near the elbow

Meridian: Stomach, Yang.

Comment: This muscle is especially convenient to test when the person is lying on a massage table. The elbow rests on the table so extended periods of testing are easily accomplished.



BRACHIORADIALIS

with and without Spindling

BRACHIORADIALIS

in relation to other forearm muscles

This document is an adaptation of the work originally composed
Dr Jimmy Scott, PH.D

This has been updated, expanded and merged with the new material by Linda Orr Easthouse for Natural Bioenergetics Institute, Canada July 2019. Over the years many teachers have contributed to the development of what Natural Bioenergetics has become. Special thanks to Jane Thurnell-Read, Ann Parker and Amanda Brooks, who developed materials over the years for Health Kinesiology in the UK and shared it with everyone else. Natural Bioenergetics Institute courses are the revised and updated versions of Dr. Jimmy Scott's Health Kinesiology Studies courses and techniques in Health Kinesiology (now called Natural Bioenergetics in Canada).

These courses assist your development in becoming a true professional body-mind-spirit bio-energetic practitioner. NBI offers Teaching Authorization and Practitioner Certification in the NB/HK International system through the Headquarters office.

Class attendance certificates are provided for each student through the NBI for students studying under the NBI program.

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Other Ways of Protecting Yourself

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Burning sage

This practice goes back to Native American tribes who would use it in various rituals and healing practices. The practice of burning sage or “smudging” was often used to cleanse the energy of a person, group of people, animal, living or workspace. Native American tribes would often smudge people as they entered a sacred space before a ritual or healing took place to make sure everyone’s energies were clean, and they weren’t bringing anything with them that was not pure and might negatively influence the ritual that was about to take place. The Latin word for sage is *Salvia* from the word *Salvus* meaning “to heal”. Burning sage keeps a person and their environment energetically balanced. Burning sage is also an excellent thing to do after you have been around people who are depressed, emotionally unbalanced, sad, ill, mentally ill, angry or emotionally toxic. Burning sage can also help you when you are feeling any of the above as it acts to clear those energies and restore balance. The idea of how this practice works is that the smoke attaches itself to the negative energy, and as the smoke clears away it takes the energy with it.

Himalayan Salt

Carrying salt, as well as bathing in salt baths and having a salt lamp in the work room are a great way to cleanse energy. A salt bath cleanses both body and spirit. These can be used once a week to once a month to cleanse any negative energies that may have accumulated. It is a good idea to shower and wash first, then give yourself some uninterrupted time and the intention of cleansing so you can completely relax and be mindful of what you are trying to achieve. Again, it works via negative ions connecting to the positively charged “bad” energy and neutralizing it.

Bubbles

The simplest and one of the most effective methods for psychic protection: Before starting, take time to ground yourself and let go of as much tension and anxiety as possible. Imagine yourself inside a bubble, which is impervious to outside harmful energies, but will allow in beneficial energies. The bubble should cover all of you including your back and soles of your feet. The bubble should be flexible and vibrant. Experiment or test to find a suitable size for the bubble and suitable colour(s).

Other Shapes

Sometimes other shapes are appropriate, e.g. a cube may be useful when there is disorientation and confusion: its straight sides can be very stabilizing, a pyramid may be useful when energy is low. Make sure that the shape goes under your feet, you can experiment or test for colour materials.

Cloaks

Imagine a cloak with a hood. Wrap the cloak tightly around yourself. Experiment / test for the best colour(s).

Other Ways of Protecting Yourself continued

Shields

A shield can be used to protect a particular part of you if you feel you are vulnerable to outside influence. Experiment/ test for materials(s), colour(s), size and placing. The shield may also be decorated with patterns and symbols.

Closing Down

It is important to close down after being psychically active, experiencing a threatening situation or after doing energy work with a client. There are many different ways of doing this: you can simply affirm that you want this to happen, you can imagine that you are a flower closing its petals for the night or that each chakra is a flower and is closing.

Three New HK Laws

I Am the Result of My Thoughts

I Focus Only on the Needs of My Client

The Energy I Give Must Be Balanced With Energy I Receive

MUSCLE MONITORING: Theory and tips

Health Kinesiology / Natural Bioenergetics is a non-invasive holistic energy therapy, combining the ancient principles of Traditional Chinese Medicine (TCM) with modern muscle monitoring techniques. Natural Bioenergetics uses muscle-testing techniques to gain an insight into the areas of stress and imbalance within the energy system. It is based upon the premise that any issues within an energy system will eventually be reflected in the body. Natural Bioenergetics is based on the belief that our bodies have a bio feedback system that can be read through muscle responses.

When the body is under stress, caused by factors such as trauma or nutritional deficiencies, it will block energy flow within the body. When this occurs the muscles reflect the stress in the central nervous system and causing specific muscle patterns. Professionals use a process of gentle muscle monitoring to gain an insight into these muscle patterns and are able to assess how the body is functioning and can locate body imbalances. The process indicates whether stress is directly related to the muscle or is linked to a particular organ/gland or energy pathway.

Muscle Monitoring: Theory and tips continued

HK /NB 1

Because Natural Bioenergetics reveals the body's overall state of structural, chemical and emotional balance, it's able to treat a wide range of issues. These may include stress, allergies and food sensitivities, nervous disorders, muscle, bone and joint pain, headaches, hormonal imbalances, fatigue, insomnia, and emotional issues and learning difficulties.

Muscle monitoring is a primary technique used in Natural Bioenergetics as a way to identify the presence of stresses or imbalances in the body. Also known as a 'biofeedback tool', muscle monitoring offers a direct link into the subconscious, providing access to the physical realm of muscles, as well as physiological, emotional, mental, and psychospiritual realms of our being. During a muscle challenge, your practitioner tests neuromuscular integrity by asking you to raise your arm or leg and to hold that position while pressure is exerted against the limb.

Muscle monitoring is conducted by the practitioner using an accessible muscle, usually a limb, to test for states of 'lock' or 'unlock'. It is designed to identify these states only, and not to test the full range of motion of the muscle. The practitioner will gently apply pressure to the monitor muscle for a couple of seconds, asking the client to meet their pressure. If the muscle holds during this gentle test, it is considered to be 'locked'. A muscle will 'lock' because the level of neurological information flow between the muscle and the central nervous system is sufficient to maintain muscle contraction in opposition to the dynamic pressure applied. If a muscle gives during this gentle test, it is considered 'unlocked'. This is due to insufficient neurological flow between the muscle and the central nervous system, which occurs because of a physical, emotional, and/or mental stresses.

Chemical challenges involve checking your reaction to certain allergens or foods when placed on the acu-point CV 6. When you undergo a mental challenge you'll be asked to focus your thoughts on a certain topic while muscles monitoring is carried out. Treatment is designed to clear blockages by stimulating your innate healing capacity in order to help the body resume normal function.

It's important to remember in muscle monitoring that the practitioner needs the client to meet their pressure – it should not be a strain for the client to try to press into the practitioner's hand, or to wrestle to keep the muscle firm. It should be a gentle, non-fatiguing test that involves light pressure (no more than 2 pounds) and goes no longer than a couple of seconds. The goal is cooperation from the client, rather than competition.

Muscle Monitoring: Theory and tips continued

HK /NB 1

In order to use Health Kinesiology / Natural Bioenergetics effectively, you must have accurate muscle monitoring. It is through the accurate feedback the body gives that you find imbalances within the client's systems. Health Kinesiology / Natural Bioenergetics goes further by exploring and utilizing mechanisms of muscle monitoring, including different types of states of muscle imbalance.

Muscle monitoring is an art as well as a science and like all arts, needs practice to become proficient.

Why muscles?

It is helpful to know many different muscles as alternatives. In the course of your training you will learn how muscles can be used to access information from the body using a variety of processes. The Quadriceps can be a very useful muscle to start self-testing. As you advance through the training, many times the clients hands and even your own will be busy with other things so having a variety of muscles to test from is useful. We use neuromuscular spindle cell "pinching" to activate the spindle cells, and its opposite "unpinching" to smooth and deactivate spindle cells. These serve as the biofeedback mechanism from the body to help us understand how the body is responding to stress and if we have clear communication channel.

Remember we are monitoring the body's capacity to respond appropriately to signals. We are not testing how strong the muscle is or what its range of motion is. We are using it to gain feedback information. For our purposes we are looking for the muscle to LOCK or UNLOCK in the face of a stimulus.

Before you start: Ask if there are any problem spots or injuries that should be avoided while testing: an old injury, an arthritic spot, a sprained joint or bruises, for example.

Tips:

1. Use flat open fingers for testing and test lightly/ Rest your fingers quietly on the test place before beginning.
2. Avoid making eye contact while testing—look at where you are testing, not the person's face.
3. Say, "Meet my pressure", to alert them that you are beginning testing. They should respond only with equal pressure. Maintain touch contact with the testing hand before and after.
4. Make sure you and your partner breath during the process. Holding the breath can lock a muscle.
5. Use SLOW, STEADY, SUSTAINED pressure. No slapping into the muscle.

Energy Toning Factor – Meridian Tracing

This is the order used for Meridian Tracing. It is NOT the order used for NB/HK Corrections.

