

THE HEALTH KINESIOLOGY SYSTEM

HK 2



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This document is an adaptation of the work originally composed by

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Over the years many teachers have contributed to the development of what Natural Bioenergetics has become. Special thanks to Jane Thurnell-Read, Ann Parker, Amanda Brooks, and the HK-UK team who developed materials over the years for Health Kinesiology in the UK and generously 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).

Classes may be delivered in 30 hr intensive in-person classes or via the online live video platform.

These courses assist your development in becoming a true professional body-mind-spirit bioenergetic 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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HK/ NB 2
General HK / NB Skills

Muscle Monitoring Skills - Self-testing skills

Theory – The HK / NB Energy Model

Magnets

General Skills

Issue Analysis: Client Specified Issues

Scanning the body for precise locations

Not testing and Verbal Questioning Skills

New Energy Skills and Correction Factors

BIOENERGY TONING: HK Energy Toning Movements (Elements 0-2)

BIOENERGY CONTROL SYSTEM:

- Electro-magnetic Field Corrections
- Electric Current Corrections
- Spin Corrections
- Membrane Configuration Corrections

TISSUE ENERGY BALANCE

Normalizing Function Stones

SET CORRECTIONS

Allergy / Disturbed Reactions (Synergy) /Detox ♦ Tolerance

ADJUNCTIVE FACTORS: MAGNETS for healing

The Universe supplies us with an inexhaustible supply of energy which is in a perfect, static balance of opposing forces - a vacuum. It appears this infinite energy is two equal forces opposing each other head on - so nothing appears to be happening. It can be described as two waves which are in phase spatially but 180 degrees out of phase in time. Living beings have the capacity to tap directly into this Universal energy - we absorb the energy through breathing, sunlight and food. Some energy is obtained from the chemical reactions of oxygen and nutrients but some is absorbed directly from the vacuum by the brain/mind adjusting the appropriate acu-points to take in energy and feed it in to the meridians. The energy then circulates through the meridians from where it is released into the tissue as needed. The purpose of the energy flow is to supply each individual cell with the information it needs to function optimally.

The A to Z of the Current Life Transformers

By Christine Fowler, UK HK Practitioner

Jimmy Scott the developer of Health Kinesiology / Natural Bioenergetics (HK/NB) recognized "that every substance has an in-ate pattern of energy" including human beings. When you think about photographs if they are really blown up to a super large size, what do you see? You see the dots of colour which form the pattern which creates the picture that you see. Your energy pattern is like those dots of colour, creating the person you are. This energy pattern thus underpins how we function, physically, how we think, our psychological responses and our spirituality. All through our lives these energy patterns inherent in our functioning, are influenced by events, emotions, factors outside of our control and so on. These cause disturbed energy patterns which influence our functioning. So, taking the photograph as an example again, these disturbed energy patterns muddy the colours in the picture or alter the placing of the coloured dots and thus alter the picture that we see. In consequence, we are maybe stressed by negative and even sometimes positive experiences. For instance, we may be stressed by 'intimacy or success', our self-confidence is undermined and we develop fears, we cannot learn how to cope with our emotions or deal with our sexuality, we get stuck and become depressed. (Dr. Jimmy Scott)

These disturbed energy patterns can be corrected by HK corrections. Wearing Life Transformer's (LT's) is one of the ways of doing this. LT's are made from crystals which after they undergo his permanent "programming" emit energies, which gently counteract the negative energy patterns created within our bodies when we are stressed. Since different stressors produce different patterns, a different LT is required for each type of stress. So, in effect the LT gives the body an energy pattern to copy to correct their stress. Once this pattern is copied there is a significant reduction in stress levels, which in turn allows the person to change their behaviour. In consequence, they are able to cope with life and what it presents better, in a more relaxed and effective way.

Attunement to the Truth: This is the perfect one for any therapist to have, because what are we trying to do but reach the absolute truth of what is going on for our client. So, by attuning us to the Universal truth using this LT makes you a better therapist. Equally so for a non-therapist being able to recognise, and act on truth is a wonderful gift to have. Interestingly this one is programmed with energies from the Sphinx in Egypt and is a wonderful gentle stone to use when meditating.

Being Centred/Grounded If you are centred and grounded then you are balanced and connected to the earth and able to assimilate the earth's supportive energies. In short you are in the best place to make the best use of your earthly experiences, and a great place to do healing work on yourself or others. If you feel you are never really here, spent most of your time dreaming but not actually doing then this LT is the one to choose.

Life Transformers continued

Healing This one is wonderful you can even have a whole session devoted to one Energy Correction using this remarkable LT. It triggers dozens of healing reactions for people. I know Jimmy uses this one routinely with all his clients, (with their permission), as he rates it so highly. I see it as not just focusing on illness, or getting better, sometimes it is also about not getting better. In that context, it is about accepting where that person is in their life and if they are terminally ill it can be about acceptance of their own death and moving on. I have found this wonderfully helpful in those cases. Thus, the focus of the work may not be about physical concerns at all, it may be that it is about emotional, or spiritual healing that is required.

Protection from Chaotic Energies. Too much seems to be going on, you seem to be jumping from one thing to another without making any headway, you forget things, your life and energy system seems cluttered and you just can't see a clear way through, then you need this LT.

Protection from Electro-Magnetic Fields. This provides excellent protection from pollution from computers, microwaves, mobile phones and so on. Wearing them unlike devices you attach to your phone or computer, allows you to be protected where ever you go or whatever you are doing. If you use it with the Strengthening My Energy System LT it will also provide protection from Radio masts.

I also find them excellent also to use in demonstrations when I am giving talks to the public. Finally. I blind tested these against other more expensive EMF protection devices at a GS course and the EMF LT's came top for effectiveness.

Protection from Geopathic Stress. GS occurs when the earth's energy is disturbed, for instance from underground water flows, mine workings and so on. The adverse effects of GS if you resonate to its energy pattern can cause serious physical illness. It is also the one thing that can undo energy corrections (apart from extreme war zone like stress). So you can see how important it is to be protected. This LT provides you effectively with this very important protection, a must if your clients at the end of the session seem well and then their symptoms keep on returning.

Strengthening My Energy System. If you are in doubt which LT is for you or your client then this is the one to choose. It is like taking a tonic it has a broad beneficial effect, supporting both your physical body and also your energy system. It is always the first one Jimmy uses when he is working with clients, to build up their energy system so they can process the work better and become more resilient generally. Particularly good I find for people with chronic conditions like ME/Chronic Fatigue, although don't forget these people will also require a lot of psychological work as well.

Life Transformers continued

Subtle Energy Integration. Subtle energies make up the energy bodies of our biofield. The energy centres (chakras) connected to each energy body transform universal energies, and the energies used in healing modalities into a form that the physical body can use effectively. In order to do this the subtle energy bodies need to be aligned and all the systems need to be integrated and fully operational and that is what this LT does, it ensures the full integration of the energies to optimize their functioning. When they are working optimally then you too will feel as if you are operating from the best possible place. This will also enable you to receive the best possible effects from any therapy.

NOTE Life transformers sometimes come up in ways which are not always immediately obvious. For instance, one practitioner rang me for an Improving My Intellectual Functioning LT and was confused over why it had come up for a client who was going through a messy divorce. I explained that to avoid getting sucked into the emotion, whilst coping with the legal and financial practicalities of the divorce the client did need to operate from that intellectual level, whilst the HK sessions were dealing with the other issues. Don't forget that LT's are made from crystals, which are living things. They are in a way like psychic sponges, and like sponges they get full. So, remember to make sure that you clean them regularly for a minimum of 1 minute under cold running water every day and before you wear them for the first time.

Schuessler Cell Salts

Dr. William H. Schuessler of Oldenburg, Germany published *Shortened Therapeutics* in 1873. This eminently practical work concentrated on just 12 simple mineral combinations, or salts, which he believed to be crucial to the health of the body. Schuessler's students included major homeopathic figures such as H. C. G. Luyties of St. Louis, and Dr. Constantine Hering of Philadelphia, author of Hering's Law of Cure ("Cure occurs from the head down, from within out, and in the reverse order in which the symptoms first appeared.") Efficient use of Schuessler's biochemistry requires three things: a working understanding of homeopathy, a recognition that LOCALIZED tissue mineral deficiencies may exist, and practical experience. The safety of homeopathic preparations is so extremely good that practically anyone may learn about and try these "cell salts" at home for themselves and their immediate family. More information on the salts and their specific health applications will be found in Dr. Schuessler's *Biochemistry* by J.B. Chapman, M.D. (London: New Era Labs, 1973). Dr. Chapman's excellent book indicates some keynote symptoms for the cell salts, of which the following is a summary:

The Twelve Salts and Some of Their Keynote Symptoms

(The most commonly-used abbreviation is followed by its traditional and chemical names.)

1. KALI PHOS (Kali Phosphoricum; Potassium Phosphate) a. mental/emotional symptoms predominate b. Feel as if "I'm too tired to rest." c. Anxiety, brain fatigue, irritability, temper-tantrums, sleeplessness, dizziness, nervous asthma d. easily bleeding gums

2. KALI MUR (Kali Muriaticum; Potassium Chloride) a. white mucus, swollen glands b. white or gray coated tongue, glandular swellings, discharge of white, thick mucus from nose or eyes c. indigestion from rich food

3. KALI SULPH (Kali Sulphuricum; Potassium Sulphate) a. yellow mucus, later stages of illness, congestion and cough worse in evening b. dandruff, yellow coated tongue, yellow crusts on eyelids c. gas, poor digestion

4. CALC PHOS (Calcarea Phosphorica; Calcium Phosphate) a. teething remedy b. upset stomach, post-nasal drip, chronic cold feet, poor dentition

5. CALC SULPH (Calcarea Sulphurica; Calcium Sulphate) a. sores that heal poorly, herpes blisters b. pain in forehead, vertigo, pimples on the face

6. CALC FLUOR (Calcarea Fluorica; Calcium Fluoride) a. poor tooth enamel, cracks in palms of hands, lips b. hemorrhoids

7. NAT MUR (Natrwm Muriate; Sodium Chloride) a. dryness of body openings, clear thin mucus b. effects of excess overheating; itching of hair at nape of neck c. early stage of common colds with clear, running discharge d. insect bites (applied locally)

8. NAT SULPH (Natrwm Sulphuricum; Sodium Sulphate) a. rarely needed b. green stools and other excess bile symptoms c. Sensitive scalp, greenish-gray or greenish-brown coating on tongue, influenza

9. NAT PHOS (Natrwm Phosphoricum; Sodium Phosphate) a. simple morning sickness; acid rising in throat b. Headache on crown of head, eyelids glued together in morning, c. grinding of teeth in sleep; pain and sour risings from stomach after eating

10. MAG PHOS (Magnesia Phosphorica; Magnesium Phosphate) a. Muscle spasms, cramps and menstrual cramps, if always better with heat b. hiccups; trembling of hands c. teeth sensitive to cold

11. FERRUM PHOS (Ferrum Phosphate; Ferrum Phosphate) a. first stages of inflammation, redness, swelling, early fever b. congestive headache, earache, sore throat c. loss of voice from overuse

12. SILICEA (Silica) a. white pus forming conditions, boils ("homeopathic lancet"), stony-hard glands b. Sty in eye area, tonsillitis, brittle nails

J. B. Chapman's DR. SCHUESSLER'S BIOCHEMISTRY (London: New Era, 1973) is the easiest and best book on the subject. The Biochemic Handbook (St. Louis: Formur) is another readily available paperback guide to specific uses of the Schuessler cell salts. Either this book or Dr. Chapman's will serve you well. Homeopathic pharmacies, suppliers and websites may carry them, along with other standard works on homeopathy.

William H. Schuessler found that there are certain essential minerals that the body requires, in proper balance, in all of its cells. An imbalance or a lack of any of these minerals may lead to disease in the tissues so lacking. Providing the missing minerals to the tissues corrects that imbalance, and so eliminates the illness. This seemingly simple system of cure has great practical application in health. Using only a small number of harmless combinations (or "salts") of these minerals, it is possible for any individual to treat him- or herself simply and effectively for a great variety of everyday minor ailments. It is significant that such cell-salt treatment is replenishing something the body lacks and wants, as opposed to merely suppressing illness with drugs and other chemicals. Drugs do not provide missing cell nutrients, but drugs do add harmful chemicals to the body which ultimately compound the problem. The Schuessler cell salts may be seen as special raw materials for the body, which you need more of if you run out of what you normally have.

A "salt" is any type of readily dissolvable mineral combination, not just table salt. Many people take dietary iron supplements, but few would chew on a rusty nail for an iron source. The same is true with the Schuessler minerals: the potassium, silicon, iron, phosphate or other substance must be in a special potentiation to be most useable to the body. Most Schuessler cell salts are in a homeopathic potency, which uses minute quantities of a substance with great effect. The potentiation process multiplies the essential energy of a substance while at the same time decreasing the dosage amount. The subtlety, harmlessness and effectiveness of such preparations have been clinically proven for well over two hundred years, since the beginnings of homeopathic treatment in the 18th century.

Schuessler cell salts (also called "biochemic cell salts") are a non-prescription item and are available directly from any homeopathic pharmacy. Because of the medical profession's long-standing opposition to homeopathic remedies, it is not certain that your local drug store will even know what "cell salts" are, let alone stock them. Most health food stores do carry some form of them. Schuessler remedies are commonly in a "6X" homeopathic potency. The "X" refers to the Roman numeral 10; 6x is one part in ten, repeated six times. The cost of the mineral tablets is very moderate, usually \$5 to \$8 per bottle of 250 or more. Addresses of homeopathic pharmacists may be obtained by using any an internet search engine.

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