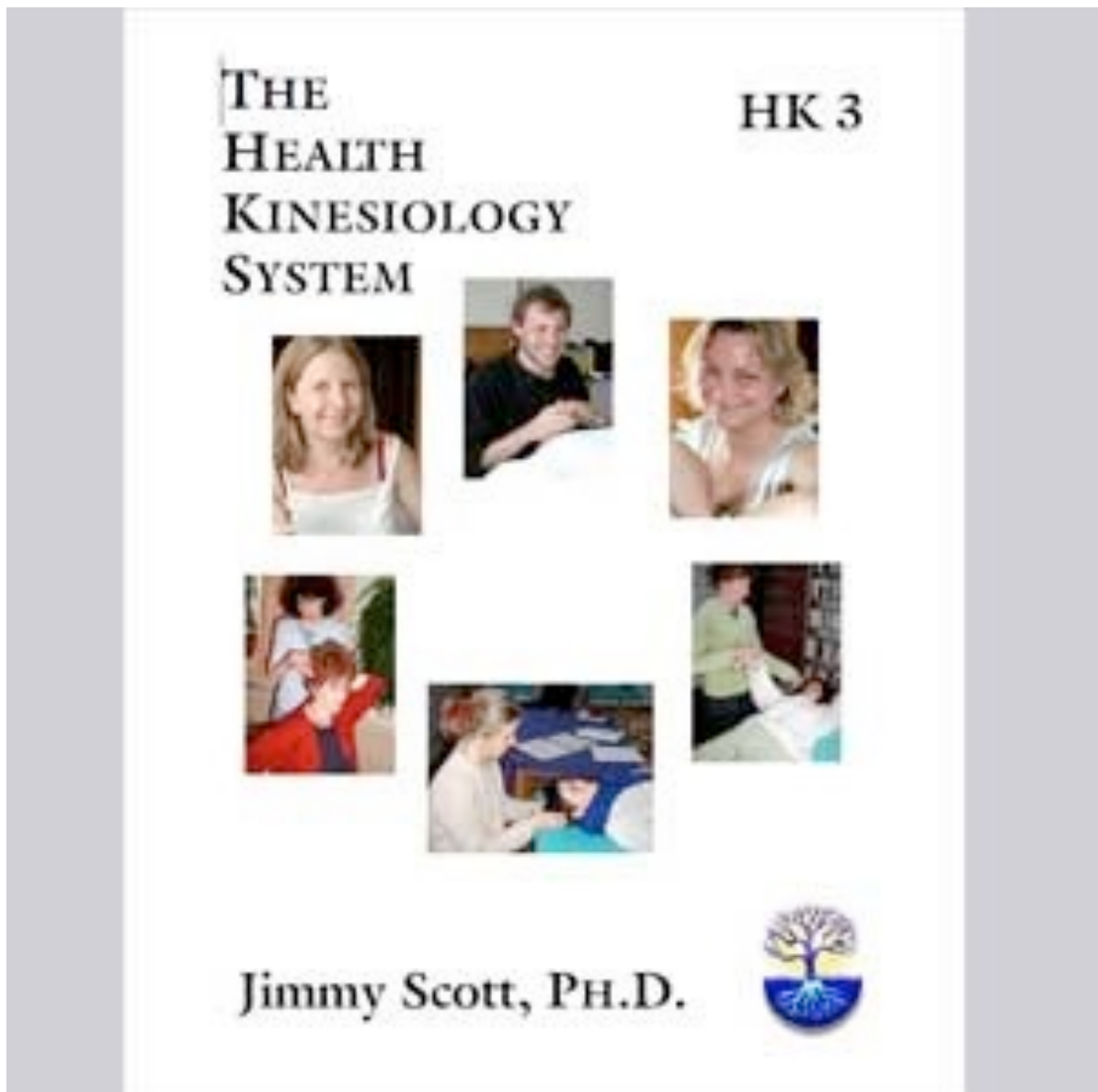


Bio-Energetic Kinesiology – The HK System
also known as Natural Bio-energetics in North America
developed by Dr. Jimmy Scott



HK/NB 3 CLASSROOM MANUAL

This document is an adaptation of the work originally composed and developed

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, Vivian Klein, Amanda Brooks, Mary Beth Skellorn and the HK-UK team 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).

Classes may be delivered in 30-hour 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 3 CLASSROOM MANUAL

General NB Skills Muscle Monitoring Skills

Muscles: Latissimus Dorsi, Hamstrings and Serratus Anterior

Theory

The concept of "Asking the body questions"

The Structure of Natural Bioenergetics

Analyzing the components of Thinking Introduction to Distance work

General Skills

Issue Analysis: NB Tested Issues and Facet Analysis

Using Word Lists to Gather information

Asking Open-ended questions

New Energy Skills and Correction Factors

BIO-ENERGY TONING: Energy Toning Movements (elements 5-6)

BIO-ENERGY CONTROL SYSTEM:

Pain ♦ Scar ♦ Phantom Limb

PSYCHOLOGICAL CORRECTIONS – the Structures

Standard - Being/Not Being ♦ Non-standard - Being/Not Being/Being Not

Gerunds: Common Gerund ♦ Different Topic ♦ Different Gerund/Common Topic

PSYCHO-PHYSIOLOGICAL ENERGY CORRECTION

BIO-ENERGY FLOW BALANCING Cognitive-Sensory Energy Integration:

Process: Thinking Mode Corrections

Creative ♦ Evaluative ♦ Logical Rational ♦ Subliminal ♦

Systemic ♦ Other

MUSCLES

Latissimus Dorsi

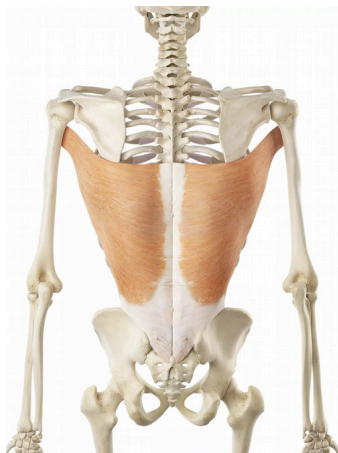
The latissimus dorsi is a large, flat muscle on the back that stretches to the sides, behind the arm, and is partly covered by the trapezius on the back near the midline. The pair of muscles are commonly known as "lats", especially among bodybuilders. The latissimus dorsi is the largest muscle in the upper body

Strong "lats" help you use your arms to pull your body weight up. Good examples of activities that use the lats extensively include doing chin-ups, rock climbing, and swimming. The lats also assist with the breathing process. They are called an "accessory breathing muscle," which means they enhance the movements of the trunk during inhalation and exhalation. They do this by lifting (expanding) the circumference of the rib cage when you inhale, which may increase the volume of air that enters your lungs. During exhalation, the latissimus dorsi muscle helps decrease the circumference of the trunk, which may have the effect of squeezing more air out.

With your trunk stationary, the 'lats' turn your arm in, they bring it closer to the midline of your body and they extend your shoulder joint back (essentially the same as bringing your arm back). They can do these movements separately or in combination with one another.

Other things the latissimus dorsi does is to bring the whole shoulder girdle down (called depression), as well as assist in the act of side bending (called lateral flexion). When both 'lats' are working at the same time they assist with arching the spine and with tilting the pelvis anteriorly.

SCIEPRO/Science Photo Library/Getty Images and <https://www.verywellhealth.com/latissimus-dorsi-muscle- 297067>



LATISSIMUS DORSI continued

LOCATION: "Dorsi" refers to the back, and "latissimus" means widest. This is the widest muscle of the back. It originates on the spine, all the way from T7 to the sacrum, and attaches to the front side of the upper arm (bicipital groove of the humerus), just below its connection to the scapula.

Origin: A broad area including: the lower six thoracic spinous processes, the lumbar spinous processes, the posterior crest of the ilium, the lower three or four ribs, and the tip of the scapula.

Insertion: Twists and inserts into the intertubercular groove of the humerus.

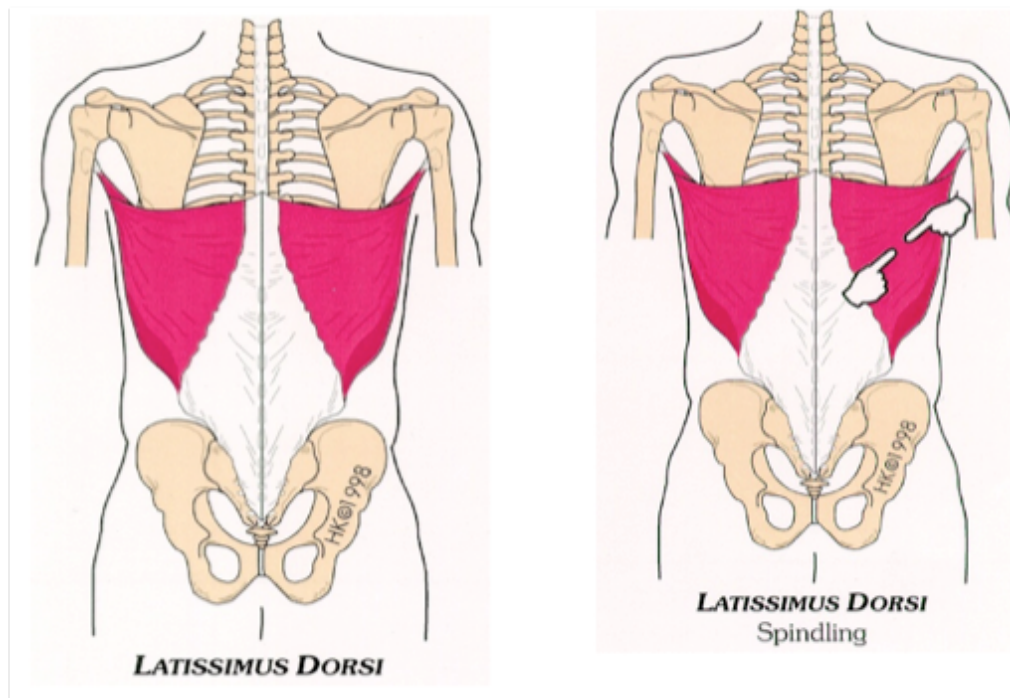
FUNCTION: To keep the shoulder down and the back straight. Used in swimming, rowing, golf, chopping.

TEST POSITION: Entire arm and hand held tight against the side, with the back of the hand against the body. Brace against the shoulder of the arm you are testing. Slide two fingers between the forearm and the body, near

SPINDLE: Mid-to-lower back, below the level of the scapula, along a line from the spine to the upper humerus.

MERIDIAN: Spleen

COMMENT: Latissimus dorsi can easily be tested with the person standing or lying on either their front or back.



Hamstrings

The Hamstrings are a group of three posterior thigh muscles in between the hip and the knee. They flex the knee joint, adduct the leg, and extend the thigh to the backside of the body. In walking and running, they are antagonists to the quadriceps muscles in the action of deceleration of knee extension. Because the hamstrings have their origin at the sitting bones, they are extended while sitting, and long periods of sitting may affect their function.

LOCATION: In the back of the leg. Running from the lowest part of the pelvis across the mid-femur to the head just below the knee.

Origin: On the ischial tuberosity of the pelvis.

Insertion: Semitendinosus and Semimembranosus: medial surface

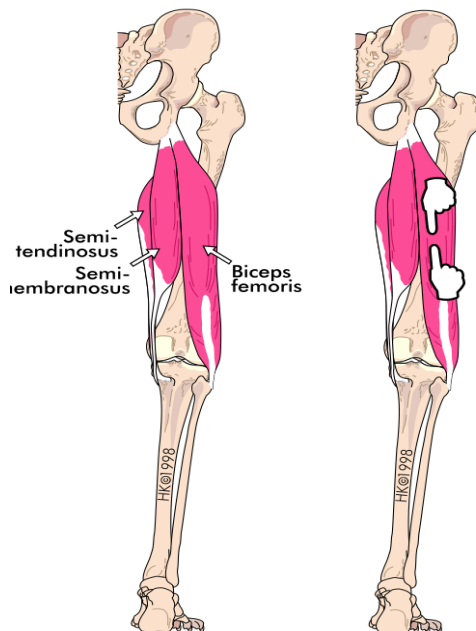
FUNCTION: Bends the lower leg back at the knee (flexion); extends the hip.

TEST POSITION: Lower leg bent at a 90° angle, push at back of ankle to straighten the leg.

SPINDLE: Back of mid-thigh, in line with the thigh itself.

MERIDIAN: Large Intestine. ribs, and the tip of the scapula.

COMMENT: Hamstrings are leg muscles that are usually tested with the person lying face down (prone).



HAMSTRINGS
posterior view

HAMSTRINGS
posterior view
Spindling

Serratus Anterior

The serratus anterior is a muscle that originates on the surface of the 1st to 8th ribs at the side of the chest and inserts along the entire anterior length of the medial border of the scapula. The serratus anterior “protract” your shoulder blades. That is, they draw your shoulder blades away from each other towards the front of your ribcage and lock them there. They work as a team with your rhomboids to keep your shoulder blades in place, one kicking in when your arms are being pulled forward and the other taking over when your arms are being pushed back. They play a major role in your basic ability to raise your arms above shoulder height. When you want to raise your arms, your serratus anteriors on each side tilt your shoulder blades upwards at their outer edges. This maneuver effectively points your shoulder joints more upwards so that your arms can move around freely at a higher range. It prevents “winging” of your shoulders blades, which result in a less stable shoulder. It protects against neck pain by enabling your arms to move in a large range without compressing your neck. Last but not least, the serratus anterior helps you hold good posture! When firing properly.

LOCATION: Side and back of the rib cage. Half way along each rib, from the first rib to the eighth or ninth.

Origin: Insertion: Along the deep, internal edge of the shoulder blade, just in front of the Subscapularis muscle.

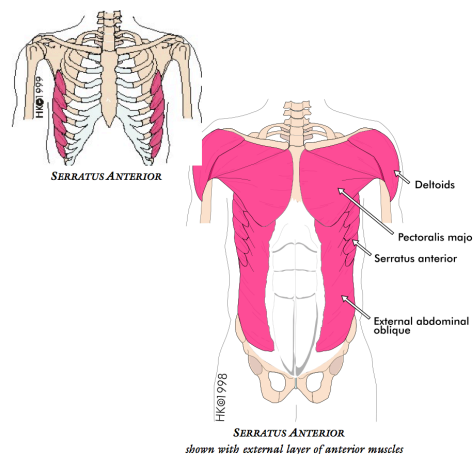
FUNCTION: Abducts and rotates the scapula. Holds the scapula towards the thorax.

TEST POSITION: Arm extended in front, elevated about 120° to 130°. Stabilize the scapula and press down on the arm. This test is mostly for the rotation function.

SPINDLE: Along the ribs.

MERIDIAN: Lung, Yin.

COMMENT: The abduction function is illustrated by the process of doing a push-up.



ENGLISH GRAMMAR

Information supplied by HK practitioners Jane Thurnell-Read, Stephanie Robertson and Guilia Boden

Nouns Concrete or abstract names of things: e.g. being a perfect person; accepting success

- **Proper nouns:** Words which are the names of specific people, places, times, etc. and are written starting with a capital letter e.g. loving Peter; waiting until February to see Mary in London

Verbs Words which express a wide range of meanings, such as actions, sensations or states of being. e.g. being happy; knowing I can live on my own.

- **Primary verbs:** verbs - to be, to have and to do. e.g. accepting what I have to accept.
- **Modal verbs:** Verbs such as will, can, could, shall, may, might, would, should, ought to, need to, have to, must e.g. knowing I should be happy.
- **Action verbs:** to run, to go, to stay, etc
- **State verbs:** to appear, to seem, to see, etc.

Adjectives: Words which express some feature or quality of a noun or pronoun; they describe the noun e.g. feeling clever; being the best student; accepting critical remarks, imagined worries. Verbs can be used as adjectives e.g. a frightened woman, this play is frightening, a hard bed.

Adverbs: Mostly end in 'ly'. They modify a word or phrase, most often an adjective, a verb or another adverb. e.g. being totally exhausted; working hard; knowing nearly everything; wanting to give myself totally to God; accepting I can always change.

- **Adverbs of frequency:** always, never, sometimes, now, occasionally, frequently, etc.
- **Adverbs of manner:** describe how something is done e.g. carelessly, beautifully, slowly, etc.

Prepositions Express a relationship of meaning between two parts of a sentence - often showing how the two parts are related in space or time. e.g. being at home; living with Tina.

- **Prepositions of space:** e.g. between, above, on, into, near, beside, along, below.
- **Prepositions of time:** e.g. until, since, past, before, after, at, during.
- **Multi-word Prepositions:** e.g. instead of, other than, more than, in front of, up to.
- **Prepositional phrases:** e.g. at peace, in charge, in the way, for good.

English Grammar continued

Pronouns Words which stand for a noun or a whole noun phrase. e.g. giving him the love he needs; finding its place; giving myself love; knowing the future is mine; etc.

- **Personal pronouns:** words such as I, me, myself, we, him.
- **Relative pronouns:** words such as who, whom, whose, which and that e.g. being the person who others respect.
- **Indefinite pronouns:** Words such as someone, anyone, no-one, somebody, all, each, none, few. e.g. recognizing what everybody wants me to be.

Determiners Words such as a, the, some and those, which precede nouns. e.g. being the best student; giving myself some time; accepting this life [in the phrase "accepting this" the word this is a pronoun]

- Determiners can also be the subject of **a** sentence, e.g. this is too much.

Conjunctions:

A conjunction is a joiner - a word that connects (conjoins) parts of a sentence	
Coordinating Conjunctions	Correlative Conjunctions (These always travel in pairs)
and	Both ... and
but	Not only ... but also
or	Not.....but
yet	Either ... or
for	Neither....nor
nor	Whether....or
so	As as

Your personal notes:

HK/NB 3 CLASSROOM MANUAL

Bio-Energetic Correction Factors

Bio-Energy Correction Factors re-tune the energy in the presence of a stress. As the stress is highlighted, the reflex points needed to 'correct' or 're-tune' the imbalance are held. This allows the body to release the stress locked in the system and for the body to begin healing. The stressor could be thoughts, feelings, magnets, allergens, essences, crystals, a body position or a body movement, self-touch, input through the five senses or a combination of any of the foregoing. They bring immediate and lasting change within the energy system unless affected by geopathic energies (earth energies and electromagnetic pollution). Bio-Energy Correction Factors are virtually permanent.

The vast bulk of the work we do as HK/NB practitioners is with the Bio-Energy Correction Factors on our menu. When we first set up a Bio-Energy Correction Factors each item always TLs ↓ because the pattern we've highlighted stresses the system. After the energy is retuned each item will TL ↑.

Bio-Energetic Toning Factors

Bioenergy Toning Factors 'exercise' existing energy pathways to strengthen the energy flow. They often improve the pathways between the subtle bodies. As we train we learn there are several Bioenergy Toning Factors each working to strengthen specific subtle energy connections. Bioenergy Toning Factors **do not stress** the energy system.

- **Bioenergy Toning Movements** and **Meridian Tracing** enhance the interface between the etheric and physical bodies.
- **Essential Oils** used at the beginning of a NB/HK session either sniffed or as an aura sweep open up the client's energy system and allow us to work very deeply. Used during the session they appear to allow previous groups of work to process through more smoothly and then open up the client's energy system for us to proceed at a deeper level. Used at the end of a session they allow all the energy work from that session to be processed smoothly.
- **Affirmations** (NB/HK 4) reinforce energy related to the mental body as old troublesome thought patterns are replaced by new wholesome beliefs/habits.
- Wearing **Life Transformers**, (NB/HK 4) after they have been used for corrections, keeps the energy pattern of the LT continually within the energy system which helps to reinforce the pattern.

Bio-Energetic Toning Factors continued

- **Visualization** and **Meditation** are also Bioenergy Toning Factors.
- Taking homeopathic **remedies** or **vibrational essences** of flowers, crystals, or trees is also energy toning. The specific pattern of the homeopathic remedy or flower essence is being taken in very small doses over a period of time to allow the body to recognize the pattern and then deal with it appropriately.

Bio-Energetics Adjunctive Factors

Adjunctive Factors work with the physical body and are activities such as sleep, rest, work, play, diet, exercise, relaxation, or mental stimulation that the client goes away and does for themselves to help the physical body support changes at the subtle energy levels. They are individually tested. Wearing a Life Transformer to 'protect' against Geopathic Stress, Electro-Magnetic Pollution, chaotic energy etc is using the LT in an adjunctive way rather than as a toning factor. These are most often life style changes that support the body while integrating corrections.

Bio-Energetic Redirection Factors (NB 4 + NB 6)

All Bio-Energy Redirection Factors redirect existing balanced energy to achieve a specific purpose area or to enable the body to re-route energy for a specific purpose. The Bioenergy Redirection Factors (BRFs) do not stress the body and so they do not TL down, but we do test out which energy circuits we need in order to redirect the energy. BRF: Focused Energy Redirection (NB 4), a way of focusing energy to a specific area to generate change in that localized tissue. Further BRF procedures are taught in the advanced stages.

If you understand something in only one way, then you do not really understand it at all. This is because if something goes wrong you get stuck with a thought that just sits in your mind with nowhere to go. The secret of what anything means to us depends on how we have connected it to all the other things we know. This is why, when someone learns by 'rote', we say that they don't really understand. However, if you have several different representations, when one approach fails you can try another. Of course, making too many indiscriminate connections will turn a mind to mush. But well-connected representations let you turn ideas around in your mind, to envision things from many perspectives, until you find one that works for you. And that is what we mean by thinking!

From 'The Society of Mind' by Marvin Minsky, Ph.D.

BIOENERGY FLOW BALANCE BFB: C-SEI THINKING PROCESSES: THINKING MODES

As with other energy corrections, needing to do a Thinking Mode Correction does not indicate that you cannot think, only that when you do think, you are stressed. Once the stress is removed, you can improve your ability to think much more easily than before. Of course, most real- life situations require two or more different modes of thinking. Our seven Thinking Modes categories has been sufficient to help people isolate and improve most thinking skills.

When doing Thinking Mode correction items, you will give your client a thinking task that activates the required thinking skill. Since thinking is a silent process, only the TL (unlock) confirms that they are activating a stressful thinking. If your client does not TL (unlock) when doing the task, then you probably need to help them modify their thinking task.

The important thing in doing Thinking Mode corrections is to help your client activate their thinking process in specific ways. As you describe the different modes of thinking, keep in mind that you are not attempting to write a definitive treatise on the various aspects of thinking. The practitioner is trying to open the client's mind to the various components of thinking. We want to help you guide your client into the necessary thinking tasks for their corrections.

This do not indicate that you cannot think, only that when you do, they are stressed. When doing these Thinking Modes it is important that the task to activate the **required thinking skill is not psychologically stressful.**

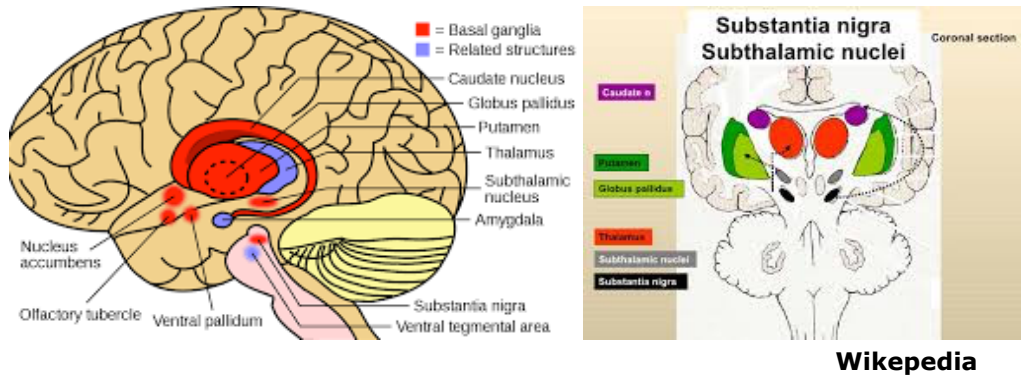
Thinking Modes:

Creative	♦	Systematic	♦	Evaluative	♦	Logical	♦
Rational	♦	Subliminal	♦	Problem Solving			

PARTS OF THE BRAIN

Background Information

The four lobes of the brain: frontal, temporal, parietal and occipital mark the boundaries of each region of the cortex.



Cerebral Cortex - The wrinkled outer covering of the cerebrum and is nicknamed the thinking cap. The cortex wraps over and around the rest of the brain. At least 70% of the neurons in the human central nervous system are in the cortex.

Functions: The cortex is involved with: Planning for the future Problem Solving, learning from experience and anticipating, reward and punishment. Much of our experience of ourselves and our environment is gained through the cortex

Cerebellum - The Cerebellum is attached to the brain stem at the base of the skull.

Functions: The cerebellum or little brain processes input from muscles, joints and tendons. It controls posture, equilibrium and coordinates skilled muscular movement and balance. It is more like a brake than a motor, it regulates fine motor coordination and prevents limbs from flailing about out of control. It is involved in: Coordination of voluntary movement Balance and equilibrium and some memory for reflex motor movements Perception, discrimination and emotional response

Impairments caused by head injury: Severe damage to the cortex can reduce a human to a vegetable-like state. Mild to moderate damage can produce corresponding defects in the functions it regulates such as speech and the five senses, loss of ability to coordinate fine movements, loss of the ability to walk, an inability to reach out and grab objects plus tremors, dizziness (vertigo), slurred speech and the inability to make rapid movements.

Parts of the brain continued

Brain Stem - Located deep in the brain and connecting with the spinal cord

Functions: Involved with - breathing, heart rate, swallowing, reflexes to seeing and hearing (startled response), controls sweating, blood pressure, digestion, temperature (Autonomic Nervous System) and affects the level of alertness, ability to sleep and the sense of balance (vestibular function)

Spinal Cord - Continuation of the lower part of the Brain Stem

Functions: the brain stem is involved in the coordination of voluntary movement, balance and equilibrium as well as some memory for reflex motor movements

Hypothalamus - Located beneath the thalamus and laterally, it is continuous with the subthalamic regions. The subthalamic nucleus is a small lens-shaped nucleus in the brain where it is, from a functional point of view, part of the basal ganglia system. In terms of anatomy, it is the major part of the subthalamus. As suggested by its name, the subthalamic nucleus is located ventral to the thalamus.

Functions: It contains neuro-secretions which are of importance in the control of certain metabolic activities, such as maintenance of water balance, sugar and fat metabolism, regulation of body temperature, and secretion of releasing and inhibiting hormones, it is the chief sub-cortical region for the integration of sympathetic and parasympathetic activities

Impairments caused by head injury: Decreased vital capacity in breathing, important for speech, swallowing food and water (dysphagia), difficulty with organization, perception of the environment, problems with balance and movement, dizziness and nausea (vertigo), sleeping difficulties (insomnia and sleep apnea,) loss of ability to coordinate fine movements and walk, the inability to reach out and grab objects as well tremors, dizziness (vertigo), slurred speech and the Inability to make rapid movements. Difficulties with regulating water balance, sugar and fat metabolism, regulation of body temperature and hormonal regulation. Excitability

HK/NB 3 CLASSROOM MANUAL

WORKING AT A DISTANCE

There are two forms of working at a distance. You will find that many people mix the terms and use them however they wish. There is a lot of variety and overlap. For our purposes, we will use the following definitions.

Working remotely where the practitioner does the work independently of the client and reports back what was found. Often used by Matrix Energetics, Reiki, Spiritual Healers etc.

Working by distance where the client and student are working together over an internet or phone connection doing the work together. **This is the form we will use for Natural Bioenergetics** as you begin developing the ability to do distance work. The real question every-one wants to know is how does this work? The short answer is: nobody knows. This might sound alarming at first because the human tendency is to demand to know before they can believe. However, the truth is that we do not know how many things in the Universe work. Let's start with magnetic energy. We know what it does, we can identify when and where it works, but no scientist can actually explain how it works. The same is true for gravity. Quantum Physics still keeps physicists scratching their heads. They know that something is happening, but do not know how and what exactly. **The lack of knowing how doesn't stop it from working.** For that matter, we don't really know how even muscle-testing works. We have some theories, we know how to make it work accurately, but how it does what it does internally no one really knows, yet.

However, there are a few things we do know about how remote/distance healing works:

Aspect 1: In general, we can distinguish between 3 aspects of remote work: The first aspect involves the activities and intentions of the "sender", where the individual puts himself into a type of meditative state. In this state, the boundaries between the Egoic mind and the world blurs. This state has been very well researched and there are measurable physiological changes involved, like changes in EEG patterns, MRI's and PET scan data, as well as immune modification and cardiovascular changes. In remote healing, this type of state is a union with "the universal mind", or the "Universe", or "all there is". **This meditative state is not required for the DISTANCE work we do. Instead, for our purposes a complete long balance and ability to stay balanced is required.**

Working at a distance continued

Energy healing is based on scientific principles - We all learned in high school physics class that matter is made up of molecules. Even something that is solid, such as a table, is vibrating all the time. As humans, we, too, are vibrating. When you say someone has "good vibes," you are really talking about that **person's vibrational energy** — happy people vibrate on a higher frequency. You can feel their effervescence! Places have vibes too. When you walk into a room in which a fight has just occurred, you may feel a dense energy that makes you want to leave right away. The beach has a light vibe due to the salt (a natural energy cleanser) and moving air. The air at the beach vibrates at a higher frequency as well.

Our bodies are like rechargeable batteries using the Earth and the Universe to recharge. **We are electric by nature** and live in an electric world. The Earth helps us to heal and gives everything we need to survive, and works with the Universe to connect to a spiritual energy that keeps our bodies moving on a daily basis. We have a constant flow of energy from our feet to our minds. We use this flow of **energy for body to heal itself naturally**.

Naturally, we believe that all **health issues start on an energetic level with a stressor** which can block this flow of energy. This block can work its way into the body and causes a dis-ease which can lead to major health issues. It's our job to take care of our energetic bodies as well as our physical bodies to make sure this doesn't happen or repair the damage already accumulated. **The mind is a powerful thing and thoughts are directly connected to the energetic body and the physical body.**

"Non-local" events have 3 characteristics in common. They are **unmediated**, which means that there is no "signal" involved. They are **unmitigated**: This means that the strength of the effect does not diminish with distance. The effects are the same within one inch as they are thousands of miles away. These distant effects are contrary to the laws of classical physics, in which the strength of a signal decreases inversely according to the square of the distance from the source. They are **immediate**. This means that the effects take place immediately, with no gap in time. This is because no signal needs to travel from healer to 'healee', and therefore no travel time for the signal is necessary.

Working at a distance continued

Physicists cannot describe the how, but they have demonstrated non-local effects in numerous experiments. For example, they have taken subatomic particles that once have been in contact and then they separated them over vast distances. What they saw was that if they changed one particle, the other particle instantaneously changed as well! It did not matter how big the separation of these particles was, nor did time seemed to play a role. The particles acted as if they were still connected, or said differently, never separated at all. Einstein famously called this "spooky action at a distance".⁽¹⁾

It is hard to understand and believe that no signal is involved in distant healing, but scientists have looked hard and have not found one. Experiments have also been done to shield healers from any outside signals, similar to a Faraday cage. The effects on the "healee" were identical, which contradicts the belief that any type of electromagnetic energy is involved in distant healing. Therefore, technically any notions of "energy healing", "vibrational healing" or "energy transmissions" are actually inaccurate terms in remote work. Most of our work is actually information patterning rather than electro-magnetic transmission. Actions are involved in distant healing, which we can observe, but we still lack an understanding of the "how". Thus, any attempts to understand distant healing through the still common (but outdated) mechanistic, or Newtonian model, will ultimately fail.

Even in medicine we do not know how most prescription drugs work. We pretend to know, because we have a theory or model of its working, but a model is just that: it only tries to explain the how. This does not necessarily mean that a model represents the truth. The Newtonian model experiences the world like a machine, which consists of various parts that have no connection to each other. In this model, everyone and everything is separate from each other. Because most people still believe in this model they are not open to the fact that distant healing does work, as they try to understand it through the filter of an incorrect worldview.

Aspect 2: This is the "non-local" aspect in which remote healing takes place. We call this non-local, because in distant healing the healing effects are not bound to space. This means that the effects do not diminish with distance, so it does not matter how far the healer and the "healee" are separated by space. This is also well documented by Dr. Tiller and others including the Stanford studies. In this model, they are not open to the fact that distant healing does work, as they try to understand it through the filter of an incorrect worldview.

Working at a distance continued

Remote works takes a lot more energy, significant training, and understanding of the way the vibrational world works and how to remotely create the vibrational changes in the pattern. As physicists Elizabeth A. Rauscher and Russell Targ say “..(remote healing) phenomena are not a result of energetic transmission, but rather they are the interactions of our awareness with a non-local hyper-dimensional space-time in which we live”.

Working by distance functions from the same principles but does not depend on the healer to be as skilled or experience. You will simply do the entire session the same way you would if the client was in a room with you on a massage table. Advanced, experienced NB Professionals will often do REMOTE work with NB. However, to begin please stick to doing distance sessions, for your own energy safety and strength as well as the experience and results for the client.

To accomplish this, you will use a **surrogate** and will **self-test** all the questions. To be ready to begin working by distance you must be very confident and experienced in self testing and **maintaining your own balance** throughout the session. Using surrogates is common when working a standard in-person session. You may have a mother and young child. The mother is the surrogate as you test the child and do the work for the child. You also may use a surrogate when working with pets and animals. When working via distance the surrogate may be a stuffed animal or doll for you to work on while they will apply what they can do on their end.

Drawing an image of the person in chalk on the massage table is a great way to begin distance work as you can put tools on in exactly the right place. You can hold points where needed, you can maintain your usual working position. You will self-test all the work.

Of course, because in the distance work you will be working with the person, you can observe the changes. You want to involve them as much as possible. Have them hold some of the points even if you are using a pyramid so that they can feel the movement of the chi flow. Have them think the thoughts. Observe the yawns and sighs.

For distance work, you will need to have them fill out a form and email it to you before the session and you will need to scan or take a photo of the session sheet and send it to them at the end. Note: Ethically, it is imperative to have consent before working on anyone. Parents or a child's guardian can give permission for children under 16 ears of age. Adults 16 years and over have the right to say yes or no. A comatose client's guardian needs to give permission.

Working at a distance continued

Aspect 3: This is the effect the healing has on the “healee”. Depending on the intentions and skills of the “healer”, the positive effects can be far reaching and range from healing of emotional issues to measurable physiological changes (Improvement of immune and cardiovascular function, etc.).

Tips for running a distance session – (i) Request needed information from the client, **(ii)** stress that HK/NB is not a substitute for medical treatment when needed, having a photo can be great but not essential since you will be seeing them on video or hearing them on the phone. Start with a normal MEB and permission and focus your thoughts on the words and processes be very specific but use your intuition and go with the flow. Proper testing will always get a confirmation.

What to tell the client – Please understand that you need to be participating fully and not playing on the computer or reading something else, offer needed information and feedback to the Practitioner as you experience things, be ready in a comfortable position in a quiet room, set your intent on receiving healing and maintain focus (phones off, children cared for, pets removed, etc), take some deep breaths to relax and go with the flow as the practitioner guides you.

Firstly, and most importantly, you, the student should have significant experience in hands-on sessions, such that results from your clients have shown a verifiable impact.

Secondly, you need to develop psycho-emotional skills, such that you can meld the holding of points with internal, or “mind screen” focus. It is not enough to “intend” or wish energy healing protocols into a session with a distant client. The Chi used in distance sessions should still be felt, and experienced, by the distance healer, even though their client is thousands of miles away in physical space. You may be using yourself as the surrogate so you actually have to do the corrections with them.

Thirdly, keep your focus on the client clearly, and get feedback from them as you go along, so as to fine-tune the results. What are you noticing? How do you feel now? are useful interactions.

Follow your menu, work the procedures, and hold focus on the person with whom you are working. Maintaining neutrality and confidence is critical as your energy systems are entangled and what goes on in you is connected to them.

Working at a distance continued

The principle behind distance work is called Quantum Entanglement

Quantum entanglement is a physical phenomenon that occurs when pairs or groups of particles are generated, interact, or share spatial proximity in ways such that the quantum state of each particle cannot be described independently of the state of the others, even when the particles are separated by a large distance. An entangled system is defined to be one whose quantum state cannot be factored as a product of states of its local constituents; that is to say, they are not individual particles but are an inseparable whole. In entanglement, one constituent cannot be fully described without considering the other(s). Remember that you and your client create a circuit and all the work affects everything on the circuit. Distance work is a form of Quantum Entanglement.

Because our energy doesn't end at the surface of the skin or even at the edge of the bio-field that surrounds us, energy work can be done from a distance. All energy healing work requires that the healer has an enhanced state of awareness, as well as the ability to focus and direct energy. Since energy is not bound by physical objects, physical distance is not a roadblock for the healer.

Healing interaction is not limited by distance or even time, but it is necessary that a strong connection exist between the healer and the person who needs to be healed. **Energy in the form of electromagnetic bio-photons is constantly communicating by sending and receiving information from the body.** Healers (natural and also people with a highly developed intuition) of all types have a heightened awareness of, and a focused connection to those they try to help.

Material summarized and synthesized from the following references:

(i) <http://deanramsdend.com/distance-energy-healing/>, (ii) Quantum entanglement image -Wiki at English Wikipedia - Entirely self-generated using computer graphics applications., GFDL, <https://commons.wikimedia.org/w/index.php?curid=16525357>

(iii) https://en.wikipedia.org/wiki/Quantum_entanglement

(iv) <https://www.distanceenergywork.com/what-is-energy-healing/>

(vi) <https://www.psychicsource.com/article/life-destiny-meaning/natural-healing-by-psychic-indigo/2875> (vii) http://noetic.org/sites/default/files/uploads/files/Benor_DistantHealing.pdf

(viii) <http://noetic.org/sites/default/files/uploads/files/IntentionHealing.pdf>

(ix) <http://www.technologyreview.com/view/427174/einsteins-spooky-action-at-a-distance-paradox-older-than-thought/>

CHAKRAS - Energy Organs

CHAKRAS - Chakras are centres of energy, located on the midline of the body. There are seven energy center which govern our energetic and psychological properties. The chakras located on the lower part of our body are our instinctual side, the highest ones our mental side. The energy organs can have various levels of activity. When they're "open," they're considered operative in a normal fashion. Ideally, all chakras contribute to our well-being. Our instincts would work together with our feelings and thinking. However, this is often not the case. Some chakras are not open enough (being under-active), and to compensate, other chakras are over-active. The ideal state is where the chakras are balanced. These are seven 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 when viewed 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.

You can think of these energy organs as invisible, rechargeable batteries.

They are charged and recharged through contact with the stream of cosmic energy in the atmosphere in much the same way that your home is connected to a central power source within a city – the only difference is that this cosmic energy source is free.

Imagine this, a vertical power current rather like a fluorescent tube that runs up and down the spine, from the top of the head to the base of the spine. Think of this as your main source of energy. The seven major chakras are in the centre of the body and are aligned with this vertical “power line.”

Chakras connect your spiritual bodies to your physical one.

They regulate the flow of energy throughout the electrical network (meridians) that runs through the physical body. The body's electrical system resembles the wiring in a house. It allows electrical current to be sent to every part, and it is ready for use when needed.

Sometimes chakras become blocked because of stress, emotional or physical problems. If the body's 'energy system' cannot flow freely it is likely that problems will occur. The consequence of irregular energy flow may result in physical illness and discomfort or a sense of being mentally and emotionally out of balance.