

Bio-Energetic Kinesiology – The HK System
also known as Natural Bio-Energetics
developed by Dr. Jimmy Scott



THE
HEALTH
KINESIOLOGY
SYSTEM

HK 4



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This document is an adaptation of the work originally composed

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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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General HK Skills

Testing Monitoring Skills Supraspinatus

Anterior Tibialis Adductors of the hip

Surrogate testing review

Theory

Defining, comparing and contrasting:

Bioenergy Corrections, Bioenergy Toning, and Adjunctive Factors: Entropy and Resonance

The science of distance work

New Energy Toning Factors

Energy Toning Movements (0-6)

Affirmations / Afformations Reactivation

New Energy Correction Factors

Energy Control System

- Alignment
- Combined Synergistic Expression

Psychological Structures

- Concept/Experience Concept/Experience/Others
- NV "I" (Neuro-Vascular) Items
- Sentences (more)

Energy Flow Balancing

Sensory Energy Function Corrections

Bioenergy Redirection Factor (new Factor in its own right)

- Focused Energy Redirection

MUSCLES

Supraspinatus

The Supraspinatus is a relatively small muscle of the upper back that runs from the supraspinatus fossa superior portion of the scapula to the greater tubercle of the humerus. It is one of the four rotator cuff muscles and also abducts the arm at the shoulder. The spine of the scapula separates the Supraspinatus muscle from the infraspinatus muscle, which originates below the spine.

Two functions:

- (i) Helps the deltoid muscle initiate the **abduction of the arm** at the shoulder glenohumeral joint. The glenohumeral is a ball and socket joint between the scapula and the humerus.
- (ii) Helps stabilize the shoulder by drawing the humerus toward the glenoid fossa of the scapula.



Anterior Tibialis

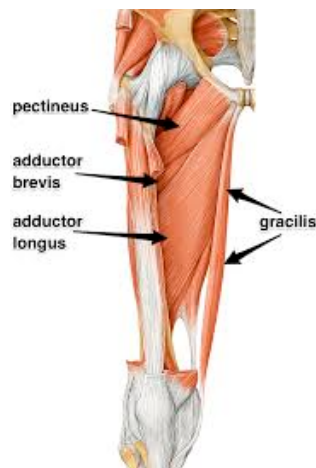
The tibialis anterior is a muscle in humans that originates in the upper two-thirds of the lateral surface of the tibia and inserts into the medial cuneiform and first metatarsal bones of the foot. It acts to dorsiflex and invert the foot. This muscle is mostly located near the shin. The **tibialis** anterior muscle runs down the front of the shin. The anterior tibial tendon lies on the inner-front of the ankle. The muscle and tendon work together to flex the foot upwards.



Muscles continued

Adductors of the hip

The **adductor muscles of the hip** are a group of muscles mostly used for bringing the **thighs** together (called **adduction**). In **the hip**, it's the action of the femur (leg) coming closer to the middle of the body (or other leg). **Hip adductors** are muscles that bring the femur toward the mid line. **Hip abductors** are muscles on the other side of the leg and they do the opposite motion, by bringing the leg away from the middle of the body.



BIO-ENERGY CONTROL SYSTEM

The Bioenergy Control System, "BCS", is responsible for monitoring all our energy needs. It is a function of the mind, brain and body. For a healthy well-balanced body, we need the Bio-Energy Control System to be functioning optimally.

The human body has a **three-part sensory system** - a) **the nervous system** sends messages through the body as electrical impulses to control the sense organs, the motor functions and all the metabolic processes and our daily requirements for food, water and air, b) **the electromagnetic system** regulates the energies of the vital organs (the Chinese Five Elements), controls the uptake of energy through the acu-points, senses injuries and stimulates a healing response, controls the secretions from the pituitary and pineal glands, powers the immune system and operates through the acupuncture meridians and their vital points. and c) **the meridian information system** supplies the body with the patterns and information for it to carry out its electro-magnetic functions. (Actually part of the **electromagnetic system** – my addition).

ENTROPY

The concept of entropy grew out of physics, more specifically thermodynamics, and is mathematical in definition. Its use has been expanded to other fields such as information theory, statistics, chaos theory, and numerous social sciences, among others. Along with that expansion numerous variations of meaning have developed, not all of them exacting and specific enough in certain applications, but the general concept is now widely understood and accepted. That said, be aware that the description below is the general concept and I will suggest how it works in the realm of bioenergy.

1. For a closed thermodynamic system, a quantitative measure of the amount of thermal energy not available to do work.
2. A measure of the disorder or randomness in a closed system.
3. A measure of the number of bits necessary to transmit a message as a function of the probability that the message will consist of a specific set of symbols.
4. A hypothetical tendency for all matter and energy in the universe to evolve toward a state of inert uniformity.
5. Inevitable and steady deterioration of a system or society.

American Heritage Dictionary: Definition 1 is the original. Definition 3 can be translated into how many yes / no questions are needed to determine the state in question. (Sounds familiar?) Definition 5 demonstrates the modern truth of the concept. Definitions 2 & 4 are the ones concerning us now.

An organized system needs a constant input of new energy in order to remain organized. Unless that energy input is adequate that system deteriorates. Your car rusts without efforts at protection. Your beautiful grassy yard requires constant effort or the yard grows into a jungle. Your job requires effort or else you don't perform to meet your bosses' expectations. Your relationships fade without energy input. Our political system becomes corrupt unless we as a society add sufficient beneficial energy. The entire world around us crumbles into ruin unless we put in to it some energy. Our physical bodies are organized as a beautiful machine which requires sufficient input of the correct energy or else it degenerates.

Physics has shown that the only way for an organized system to be developed and maintained is to assure a constant supply of energy. Without that energy, the organized system becomes disorganized and chaotic. More energy is required to build a new organized structure than is required to maintain an existing structure.

Entropy continued

Our daily HK/NB work involves this entropy concept intensively. We are always working on systems which have become, to some extent, disorganized because of the inadequate supply of appropriate energy. The goal of our work, in this context, is to help the person's disorganized system get more organized by the input of the correct energy. Whenever we do our Bio-Energetic corrections we are either adding energy to the system or fixing up that (dis)organized structure so as to allow greater energy input. Whenever we work up nutritional programs we are helping specify energy input of the sort the person most needs.

Whenever we set up Adjunctive Factors or Reactivations, or Energy Toning exercises we are arranging for greater energy input or helping provide the energy supply necessary for (re)organizing the system. By adjusting the resonance (see below) of the organized structure the appropriate energy becomes available and automatically transfers into the system. When that energy transfer (initially) takes place during the correction there is a change in the flow, quantity, and quality of energy, marked by changes in both the client and the practitioner. We most often notice that change as a yawn or deep breath. Whenever our body needs some energy input (to maintain the structural integrity or functioning of the system), the yawn helps us bring some in, otherwise our system begins to build up entropy (disorganization), which must be dispelled in order to maintain adequate organizational functioning. So, this is why we yawn even when doing corrections.

RESONANCE

Resonance is an extremely important concept in NB We talk about resonance in SET, Geobiology, the NB Energy Model, various body systems, the muscle testing process itself, and many other places. So, what does resonance have to do with spirituality? Everything!

Let us review. Matter is equivalent to Energy. That is what that most famous equation is all about, $E=MC^2$; Energy equals Matter times a particular constant, in this case the square of the speed of light. Matter is convertible to Energy and the other way around. But no energy / matter is ever lost: the total amount stays constant (the first law of thermodynamics), only its form can change. Energy is always vibrating, constantly producing waves which radiate through space. Matter is always vibrating, constantly producing energy waves which radiate through space. These waves all have one or more rates of vibration we call "frequencies". The entire range of frequencies vary from very low to very high, and collectively are called a "frequency spectrum". It is our detection of these waves of energy, frequencies, which allow us to do our work. Our detection depends on the concept of "resonance".

Resonance continued

In physics, it is shown that when two systems are "in resonance" they interact with each other. It is shown that maximum energy transfer takes place at that resonant frequency. They actually "couple" and energy transfer takes place. That is exactly how your radio or TV receiver works. The radio signals vibrate at a specific frequency. When we "tune" the radio we are adjusting the electronic circuits of the radio to resonate with the broadcast frequency and when this is accomplished there is an energy transfer between the broadcast signal and the radio. That energy transfer includes the information carried within the broadcast signal, and with proper processing within the radio that information is decoded, amplified, and allows us to hear the music, or whatever. It is also true that when two resonant circuits are strongly coupled they can interact so that if one circuit's frequency is slightly changed it can change the frequency of the other circuit so that they stay in resonance. That effect is used extensively in certain electronic circuits and it also operates in bio-energetic circuits.

The same process takes place when we do our HK work. The client is broadcasting various energies. Our verbal questioning is how we "tune" our receiver. We scan various frequencies until we find a resonance between the client's energies and our bio-energetic receiver. Our job, then, is to make sure that we have tuned our bio-energetic receiver to the most appropriate frequency(-ies) being broadcast by the client. The better we do that the better the work we do.

Within our universe there is a vast range of frequencies which are always present. We are eternally being bombarded with millions of vibration patterns. This goes on continuously, every moment of time, where ever we are, whatever we are doing. Constant blasting from all those energy sources in the universe. Your radio is also immersed in a sea of radio frequencies, perhaps only hundreds or thousands, but they are almost always there. However, unless they are particularly strong, most of those radio signals are ignored by the radio. It "pays attention" only to that one signal with which it resonates. As far as it is concerned there are no other radio signals. It ignores them. They do not exist. That is until you adjust your radio's resonance to the same frequency of another radio signal. Then energy transfer takes place with that new radio signal and the original "ceases to exist" (so far as your radio is concerned).

So, what does this have to do with bodies / bioenergy? Everything! Whatever energies we are broadcasting become coupled with those frequencies / resonant circuits elsewhere in the universe. Whatever energies are in the universe that we resonate with now affect us. Maximum energy transfer takes place at resonance. If we are broadcasting energies of "I am a failure" then we couple with the failure energies already present and energy transfer takes place. We then become failures or stay failures. Failure energy can overwhelm us.

Resonance continued

If we are broadcasting energies of "I am unhappy" then we couple with the unhappy energies already present and energy transfer takes place. We then become unhappy or stay unhappy. Unhappy energy can overwhelm us.

If we are broadcasting energies of "cancer" then we couple with the cancer energies already present and energy transfer takes place. We then become cancerous or stay cancerous. The cancer energy can overwhelm us. Our work as HK Practitioners is to re-tune the bio-energetic system so that all the universe's adverse energies no longer resonate with our client and make sure that re-tuning includes resonance with all those energies for happiness, health, well-being, fulfilment, and so on. If we are broadcasting energies of "I am wonderful" then we couple with the wonderful energies already present and energy transfer takes place. We then become wonderful. We can also be overcome with the "wonderful" energy.

We need to focus on what we want, not on what is wrong or what our problems are. By focusing on what we do not want we help create those things in our life. By focusing on what we do want we help create those things in our life. Both those types of energies are present everywhere and we can choose which we wish to resonate with. Actually, I do not see a choice - the only option is the "good" energy one. Now you can understand how extraordinarily important it is for us to help clients get rid of those adverse thoughts and behaviours and replace them with beneficial thoughts and behaviours. Our SET, TEB, MC, CD, and such corrections change the resonances of body components. Psychological types of corrections change the resonances of mental and mind components. Many of our corrections / procedures, in addition the Spiritual Factor work, change the body's (physical and energetic) resonances, moving toward the Spiritual ones. As these changes take place the client has no option but to become healthier, in all ways. Spiritual qualities are no different. That is why clients do become more spiritual as a matter of course. Our geobiology work changes the energy of the environment, so that the person is not being bombarded with those adverse energies. You can also understand why it is so vitally important that we as HK practitioners develop our "bio-energetic pattern libraries". The more entries we have in our energy libraries the better the job we can do at detecting and replacing those adverse energy patterns. There is no short cut to developing those libraries - only extensive experience does this. And this experience must be gained by keeping an open mind to all possibilities, allowing what is there to be detected rather than being created by our expectations and beliefs. Obtaining feedback about the results of our work is also crucial. This tells us how good a job we did, and, if we really pay attention, how we can do better.

The more you know the better the practitioner you will be. Whatever happens is great. That is what makes it so much fun! Enjoy it all.

BCS: COMBINED SYNERGETIC EXPRESSION (CSE)

Developed by Vivian Klein (see also P.88 in the book: **Kinesiology** by Jane Thurnell Read, copyright 2011)

Synergetic: adj. Another word for synergistic; 1. Acting together; 2. (of people, groups, or companies) working together in a creative, innovative, and productive manner.

"The SET allergy correction helps the body retune its energy to the pattern of a particular molecule. Once the energy system is retuned, the body relates normally to that molecule and uses it or eliminates it. For this reason, an SET correction for one particular molecule or energetic pattern can eliminate allergy or toxicity problems for a variety of nutrients or chemicals that all contain the same molecular energy pattern." (HK 2 Manual). In a P/OM, we do not know where the energy is working.

However, several years ago I had to do an SET (allergy correction) on a client for an allergy to water! Sonya had been prescribed many medications by her doctor, but did not want to take them. She was constantly thirsty and had multiple symptoms including irregular cycle, Acne, poor circulation, pre-diabetes, low liver and kidney function and her physical conditional was deteriorating fast! She was allergic to every single type of water she drank. She was drinking distilled water, (which is "dead water" for car batteries and irons, and NOT human consumption.) When I tested that she needed an SET for water, her body did not want the water on CV6 for the correction. (Her body tested that I could use any water, so I used fresh well water from our well, which is amazingly good quality water that she also tested allergic to, in addition to distilled water and bottled water). I kept on testing what to do, and came up with the correction 'looking like a P/OM, but working in the body like a SET'...

So I tested where on the body to put the water, and came up with the **thymus**. I tested TW 21 in the clear and with the substance on the thymus, but still did not have EP to do the correction. Further testing revealed that I had to test '**hand over the navel**' for this correction with the substance on the thymus as well.

The rest is history. This client started recovering on the table immediately. She started getting her color back, remarked that her mind felt clearer and in general came back to life during the duration of the correction. The client subsequently got her period a week later for the first time in 4 months, had lost some weight and was feeling much better all around.

Vivian Klein December 2012

Exercises for Physical Balance

SUPER BRAIN YOGA

As the name suggests, Super Brain Yoga is a simple exercise to improve poor memory. It helps in overcoming some main memory-related issues like emotional instability, lack of concentration and clumsiness etc. Super Brain Yoga, introduced by Master Choa Kok Sui, revolves around the idea of acupuncture in the ears, energizing the brain. You don't need any instructor to carry out the super brain yoga as it is super simple that you can do it yourself. It is better to do super brain yoga in the morning, but using it prior to any learning or memory work will energize your brain.

1. Stand in a Proper Position

Master Choa Kok Sui suggests you wake up with a fresh mind and stand straight, facing the sunrise to do this. That is the ideal, but it can be used at any time during the day to help clear and energize the brain. Check out that your feet are pointing straight ahead and parallel. Now tightly press your tongue into the roof of your mouth and spread your feet about your shoulders' width.

2. Hold Right Ear Lobe

Now use your left hand to lightly hold your right ear lobe, using thumb (facing front of the lobe) and index finger (behind the ear lobe). Your right ear lobe has direct relationship with your left brain (left hemisphere). Therefore, this simple activity helps in revitalizing and activating the left hemisphere along with the pituitary gland.

3. Hold Left Ear Lobe

It is your right hand's turn; use its thumb and index finger to hold your left ear lobe. Make sure that your thumb is facing the front side of the left ear lobe and the index finger is behind it. Your left ear lobe is directly linked to your right brain (right hemisphere), therefore, it helps in boosting and setting off the right hemisphere and pineal gland.

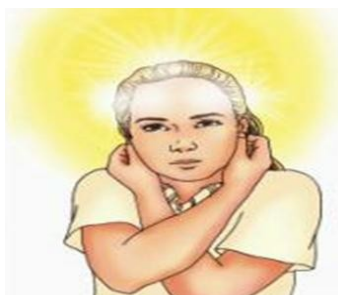


Image Courtesy: prana-yoga-zentrum.de

Exercises for Physical Balance continued

4. Press Both Ear Lobes

Now you are in a position with your left hand inside your right hand. Start pressing both earlobes at the same time. While pressing on your ear lobes, keep your back straight and squat down as fully as you can.



Image Courtesy: prana-yoga-zentrum.de

5. Repeat Super Brain Yoga

Repeat this simple exercise approximately 10 to 12 times. While carrying out this Super brain Yoga, make sure to inhale oxygen through your nose on your way down exhale carbon dioxide through mouth while coming up.

Brain Gym – Cross Crawl

(Stand or sit): Spread the two feet to shoulder width. Place your left elbow across the body to the right knee as you raise it. Turn your left shoulder and face to the right. When right knee and left elbow touch each other at the position in front of the belly button, spread open your body slowly. For people with mobility problems, start from a seated position. For less flexible people or very young children an assistant can raise the foot and hand to do the exercise. For elderly with stiff limbs, an assistant can touch/massage his left hand and right foot, and then touch/massage the right hand/left foot at the same time.

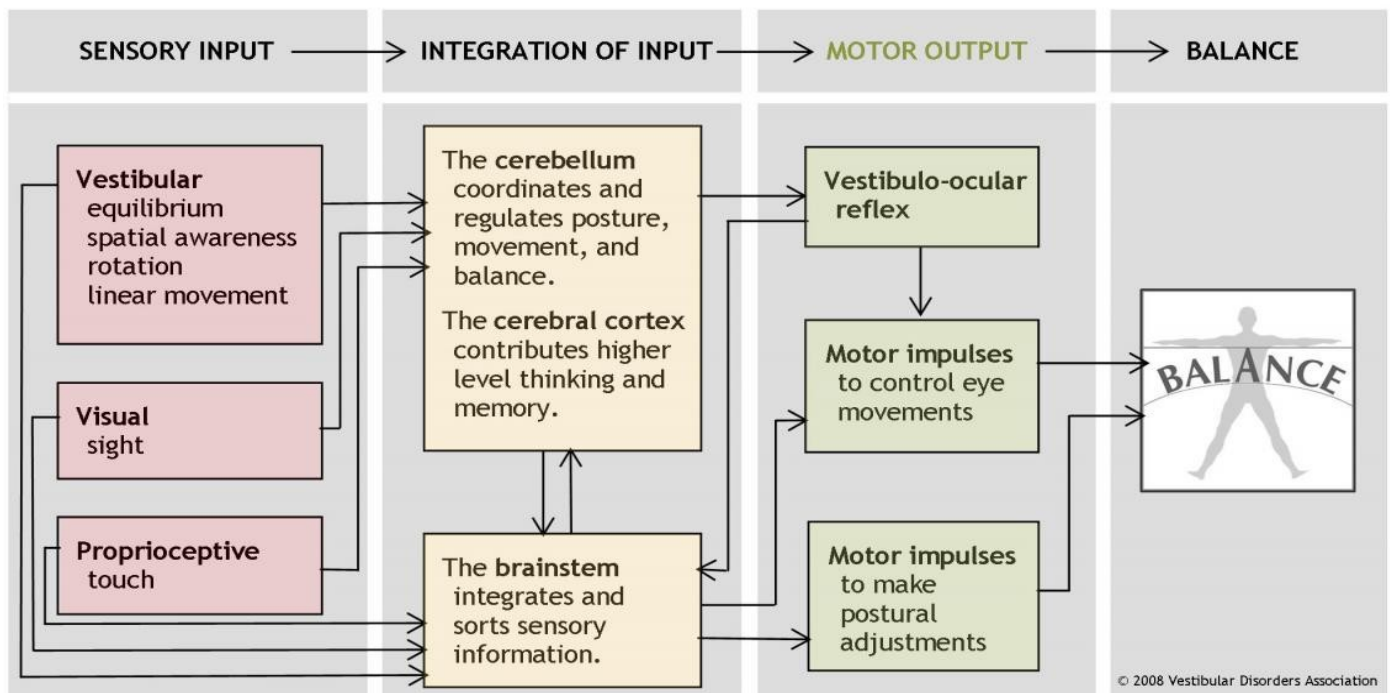
An alternate sequence for more advanced movements is to stand straight, use left hand and right foot to repeat the movement.

Image courtesy of: www.loveyourbrainorg.hk



The Balance System in the Body

Balance is the ability to maintain the body's centre of mass over its base of support. A properly functioning balance system allows humans to see clearly while moving, identify orientation in respect to gravity, determine direction and speed of movement and make automatic postural adjustments to maintain posture and stability in various conditions and activities.



Equilibrium and balance in the body are influenced by breathing, vision, vestibular function, the musculoskeletal alignment and proprioception.

The eyes, vestibular system and proprioceptors in the neck adjust the head placement in relationship to the environment.

The breathing apparatus affects balance in several ways. Relaxed deep breathing provides oxygen for the brain and interaction with the sense organs that detect movement. Blockages in the sinuses and nasal passages can create spinal imbalances as the head shifts forward to open airways. A tense diaphragm or abdominal muscles limit breathing to the upper lungs causing the centre of gravity to shift and become top heavy, forcing adjustments throughout the body.

The vestibular system has two structures within the inner ear that help maintain balance and equilibrium.

The Balance System of the Body continued

- □The three semi-circular canals that are interconnected and positioned at right angles to each other and work like a gyroscope
- The 2 part vestibule that connects the semi-circular canals to the cochlea.

Together they help maintain physical balance in the body by coordinating the visual and auditory systems to the movement and direction of the head. Problems in this function can cause vertigo, difficulty balancing on uneven surfaces, and poor motor coordination.

The respiratory and musculoskeletal systems along with the proprioceptors of the feet and core influence the stability of the rest of the body.

Proprioceptors are reflexive organs within muscles and tendons that respond to changes in the position of the body or extremities. Muscle spindles cause contractions of the muscle fibers in response to the movements. Golgi tendon organs cause the tendons to lengthen. The most sensitive areas of proprioception are the neck and feet. The proprioceptors of the feet cause the spread or contraction of the toes and roll the bones of the feet laterally to keep the body upright.

GENERAL BIOENERGY CIRCUITS BACKGROUND

1)The Meridians:

In the way an artery carries blood, a Meridian carries energy. As the body's energy bloodstream, the Meridian System brings vitality and balance, removes blockages, adjusts metabolism, and even determines the speed and form of cellular change. The flow of the meridian energy pathways is as critical as the flow of blood. No energy, no life. Meridians affect every organ and every physiological system, including the immune, nervous, endocrine, circulatory, respiratory, digestive, skeletal, muscular, and lymphatic systems. Each system is fed by at least one Meridian. If a meridian's energy is obstructed or unregulated, the system it feeds is jeopardized. The Meridians include fourteen tangible channels that carry energy through and into and out of your body. Your Meridian Pathways also connect hundreds of tiny, distinct reservoirs of heat and electromagnetic energy along the surface of the skin. These are your acupuncture points, and they can be stimulated with needles or physical pressure to release or redistribute energy along the meridian pathway.

2) The Chakras (ENERGY ORGANS): The word chakra translates from the Sanskrit as disk, vortex, or wheel. The chakras are concentrated centres of energy. Each major chakra in the human body is a centre of swirling energy positioned at one of seven points, from the base of your spine to the top of your head. Where the meridians deliver their energy to the organs, the chakras bathe the organs in their energies. Each chakra supplies energy to specific organs, corresponds to a distinct aspect of your personality, and resonates (respectively, from the bottom to the top chakra) with one of seven universal principles having to do with survival, creativity, identity, love, expression, comprehension, or transcendence. Your chakras also code your experiences in their energies, just as memories are chemically coded in your neurons. An imprint of every emotionally significant event you have experienced is believed to be recorded in your chakra energies. A sensitive practitioner's hand held over a chakra may resonate with pain in a related organ, congestion in a lymph node, subtle abnormalities in heat or pulsing, areas of emotional turmoil, or even tune into a stored memory that might be addressed as part of the healing process.

3) The Aura: (BIOFIELD) Your aura is a multi-layered shell of energy that emanates from your body and interacts with the energies of your environment. It is itself a protective atmosphere that surrounds you, filtering out many of the energies you encounter and drawing in others that you need. Like a space suit, your aura protects you from harmful energies. Like a radio antenna, it brings in energies with which it resonates. The aura is a conduit, a two-way antenna that brings in energy from the environment to your chakras and that sends energy from your chakras outward. When you feel happy, attractive, and spirited, your aura may fill an entire room. When you are sad, despondent, and somber, your aura crashes in on you, forming an energetic shell that isolates you from the world. Some people's auras characteristically reach out and embrace you. Others keep you out like an electric fence. A study conducted by Valerie Hunt, a neurophysiologist at UCLA's Energy Fields Laboratory, compared "aura readings" with neurophysiological measures. The auras seen by eight practitioners not only corresponded with one another, they correlated with wave patterns picked up by electrodes on the skin at the spot that was being observed.

4) The Basic Grid: The basic grid is your body's foundational energy. Like the chassis of a car, all the other energy systems ride on the energy of the basic grid. For instance, when you are lying down, it would appear to a seer such as Donna that each of your chakras sits upon this foundational energy. Grid energy is sturdy and fundamental. But severe trauma can damage and deform the grid, and when this occurs, it does not usually repair itself spontaneously. Rather, the other energy systems adjust themselves to the damaged grid, much as a personality may be formed around early traumatic experiences. Repairing a person's basic grid is one of the most advanced and intense forms of energy therapy. If a grid's structure or a car's chassis is sound, you never notice it is there; if it is damaged, nothing else is quite right.

General Bioenergy Circuits Background continued

5) The Celtic Weave: The body's energies spin, spiral, curve, twist, crisscross, and weave themselves into patterns of magnificent beauty. The equilibrium of this kaleidoscope of colours and shapes is maintained by an energy system known by different names to energy healers throughout the world. In the East, it has been called the "Tibetan energy ring." In yoga tradition, it is represented by two curved lines that cross seven times, symbolically encasing the seven chakras. In the West, it is seen in the caduceus, the intertwined serpents also crossing seven times found on the staff that is the symbol of the medical profession. Donna uses the term Celtic weave not only because she has a personal affinity with Celtic healing, but also because the pattern looks to her like the old Celtic drawings of a spiralling, sideways infinity sign, never beginning and never ending and sometimes forming a triple spiral. Like an invisible thread that keeps all the energy systems functioning as a single unit, the Celtic weave networks throughout and around the body in spiralling figure-eight patterns. The double helix of DNA is this pattern in microcosm. The left hemisphere's control of the right side of the body and the right hemisphere's control of the left side is this pattern writ large.

6) The Five Rhythms: Your meridians, chakras, aura, and other essential energies are influenced by a more pervasive energy system. Donna does not see it as a separate energy but rather as a rhythm that runs through all the others, leaving its vibratory imprint on physical attributes, health patterns, and personality traits. Mapped long ago in traditional Chinese medicine, all of life was categorized into five "elements," "movements," or "seasons" (there is no perfect translation; all three terms have been used, suggesting qualities of being both cyclical and substantial). These energies were considered the building blocks of the universe, providing a basis for understanding how the world works, how societies organize themselves, and what the human body needs to maintain health. Metaphors for describing these five distinct rhythms have drawn from concrete, observable elements of nature (water, wood, fire, earth, and metal) and from the seasons (winter, spring, summer, Indian summer, and autumn). Like the background music during a movie, the person's primary rhythm, in combination with the changing rhythms of life's seasons, directs the tone and mood of the entire energy system and sets the atmosphere of the life being lived.

7) The Triple Warmer: Is the Meridian that networks the energies of the immune system to attack an invader, and it mobilizes the body's energies in an emergency for the fight-or-flight-or-freeze response. In carrying out these critical functions, it operates in ways that are so beyond the range of any other Meridian that some consider it a system unto itself. Its energies work in conjunction with the hypothalamus gland - the body's thermostat.

General Bioenergy Circuits Background continued

The hypothalamus is also the instigator of the body's emergency response. Like an army, triple warmer mobilizes during threat or perceived threat, coordinating all the other energy systems to activate the immune response, govern the fight / flight / freeze mechanism, and establish and maintain habitual responses to threat.

8) The Radiant Circuits: The radiant circuits function to ensure that all the other energy systems are working for the common good. They redistribute energies to where they are most needed, responding to any health challenge the body might encounter. In terms of evolution, the radiant circuits have been around longer than the meridians. Primitive organisms such as insects move their energies via the radiant circuits rather than through a meridian system, and the radiant circuits can be seen in the embryo before the meridians develop. As in the way that riverbeds are formed, it is as if radiant energies that habitually followed the same course became meridians. Where the meridians are tied to fixed pathways and specific organs, the radiant energies operate as fluid fields, embodying a distinct spontaneous intelligence. Like hyperlinks on a website, they jump instantly to wherever they are needed, bringing revitalization, joy, and spiritual connection. If triple warmer mobilizes your inner militia, the radiant circuits mobilize your inner mom, showering you with healing energy, providing life-sustaining resources, and lifting your morale.

9) The Electrics: The electrics are an energy that seems to emerge from the electrical dimension of the other energy systems. They are not an independent energy system like the meridians, chakras, or aura, but they are rather intimately related to all the major energy systems: separate from each but also an aspect of each, something like the way liquid is separate from yet part of each of your organs. The electrics serve as a bridge that connects all the energy systems at the basic level of the body's electricity. I usually have no idea what will occur when I first hold a person's electric points. The energy goes where it is needed. There are reports of scar tissue being healed during an electrics session, heart ataxia eliminated, a knee replacement operation avoided, and all manner of emotional trauma overcome. But most important, in terms of whole-body healing, is the way the electrics connect all the systems. If energy fields such as the aura and chakra align the organs and other energies by surrounding them, the electrics move right through them, connecting and coordinating them at the tangible dimension of their electrical nature.

Reference: [Energy Medicine](#) and [Energy Medicine for Women](#) by Donna Eden & David Feinstein, Ph.D. (Tarcher/Penguin Putnam, 2008) and 'The Healing Power of EFT and Energy Psychology' by David Feinstein, Donna Eden and Gary Craig.

Three Ways of Seeing Subtle Energy

If I were a dog, it would all be in black and white. If I were a mosquito, I would only see heat waves. If I were a snake, it would all be infrared. So I guess you can never really know what is there; it all depends on whose eyes are looking." - Our Friend Devon Mortifee (Ann's son) at Age 8

Energy Synesthesia: Synesthesia ("joining of the senses") is the vivid, involuntary experiencing of one sensory mode through another ("tasting" a color, "seeing" a sound, or "smelling" a shape).

The perceptions are experienced as real and originating from outside oneself (rather than being imagined in the mind's eye), as if the object holds that sensory quality. Estimates of the number of individuals who consistently experience synesthesia vary from 1 in 200 to 1 in 20,000. It appears, however, that its frequency among the general population has increased since it was first described in the late 19th century. Recent studies indicate that synesthesia can be experienced during meditation, and it can also occur episodically during certain drug experiences, seizures, and fevers. There has been virtually no investigation of synesthesia in non-Western populations. The renowned anthropologist Margaret Mead was high in synesthesia, and some who knew her have speculated that this was one of her strengths in communicating so effectively with those of other cultures and languages.

"Energy synesthesia" is a term we have coined to describe the ability to experience, through your sensory system, subtle energies that most people do not perceive. No one, to our knowledge, has an independent sensory system (one beyond seeing, hearing, tasting, smelling, feeling) that zeroes in exclusively on subtle energies (e.g., chakra or meridian or basic grid energies), but some people experience these energies through their established sensory channels. This ability may actually be our birthright (infants and individuals brought up in non-technological cultures sense energies in ways that are rare in our culture), but is lost during enculturation (which can be defined as the social process of systematically placing filters on a young person's senses to focus perception on what the culture understands and values). Energy synesthesia can, however, be cultivated, and individuals who practice energy medicine often begin to again see, taste, smell, or, most frequently, feel subtle energies.

Your skin is a reliable bridge for developing energy synesthesia. Skin, the largest sense organ, is photo-receptive. Even with your eyes closed, your skin registers light and sends impulses to the hypothalamus, which are relayed to the pineal gland. The pineal gland—in the centre of the brain directly behind the eyes and about the size of a pea—contains a complete map of the visual field of the eyes and regulates the body's biorhythms, in part through the production of melatonin.

Three Ways of Seeing Subtle Energy continued

Those who have studied chakra clearing with Donna will recall being told to close your eyes while giving or receiving the chakra clearing, and to notice if you see colours in your mind's eye. Many do. Francesca McCartney teaches her students to identify colours, eyes closed, by bringing their hands near an object. She reports that people can "see" colour via any area of their skin and finds that practising "psychometry" (the use of one's hands to sense energy) is a powerful path toward cultivating clairvoyance. Simply knowing that your hands, your skin, and your eyes are wired to sense energy (energy synesthesia)—and for some people their ears, nose, and taste buds as well—gives you an important boost in your ability to choose the practices that will cultivate the direct perception of the energies around you. Practising energy work while holding this perspective, in fact, has sensitized many of Donna's students to subtle energies.

Sensitivity to Light Outside the Normal Colour Spectrum: The skin emits thirty photons per square centimetre per second, not enough to cause us to visibly glow, but light is already coming out of the body. The skin also emits microwaves, infrared, and other electromagnetic frequencies. Some people visually register frequencies that are outside the normal spectrum of visible light, and this allows them to see the biofield as well. While there is apparently a "tetrachromatic" gene associated with this ability of the optical nerves to register an expanded range of the light spectrum, this ability can also be cultivated.

Inner Sight: The pineal gland is not only light sensitive, it is associated with psychic development. It is referred to as the "third eye" in numerous mystical traditions, and it is frequently a focus in their many ways of teaching people how to cultivate "inner sight." It is now believed that other areas of the brain, such as the hypothalamus and the right temporal lobe, are also associated with spiritual experiences. And not only is the third eye (6th chakra) involved with inner seeing, Donna believes many people receive a tremendous amount of information through the 2nd chakra, which may result in a "knowing" that may then be experienced in terms of colour or other sensations. We encourage you to practice any form of meditation, yoga, or other spiritual discipline that speaks to your heart. At the same time, simply practising energy medicine while staying open to unusual forms of perception also cultivates inner sight.

Note: Thanks to Dr. Kevin T. Dann, Ph.D author of 'Bright Colors Falsely Seen: Synaesthesia and the Search for Transcendental Knowledge.'

The Senses of the Human Body

Our full range of senses actually extends far beyond the standard five we were taught about at school.

(i) Exteroception - sense of the state of the outside world (vision, hearing, smell, touch, taste, external temperature)

(ii) Interoception - sense of the state of the internal organs (aches and pain, hunger, organ motion, internal temperature, etc)

(iii) Proprioception - sense of movement and relative positions of the parts of the body

(iv) Equilibrioception - sense of balance under dynamic conditions

(v) Nociception - sense of damage to nerves and tissue

(vi) Chronoception - sense of time

(vii) Neuroception - the nervous system's sense of whether situations or people are safe, dangerous, or life threatening.

http://www.outthinkingparkinsons.com/articles/whats-it-like?fbclid=IwAR3keboYBKiu-M_gkUU396ZH4lupdNpN5H3k_j8CYmpJum-WHDmHsSEsHUg#.XThZuzdwzzx.facebook

HK 4 / NB 4 Reference Manual
TUNING FORKS FOR HEALING

The Harmonic Spectrum Set is a full middle octave of 8 tuning forks (C,D,E,F,G,A,B,C) based on the Pythagorean Scale, also known as the Just Scale. The octave of tuning forks in this set is C through the next higher C. They are the traditional chakra frequencies from the Hindu tradition with C being the root chakra, D the sacral chakra, etc. The Harmonic Spectrum Set is tuned to be more in touch with the physical plane of existence. The physical plane is denser, more crystallized, more cognitive, more centred more around the 5 human senses and the bodily tissues, fluids, bones, organs, etc.

Whereas, the Chakra Tuning Forks are not based on a musical scale, but based on the rotation of the planets around the Sun. In comparison, the Chakra Tuning Forks work more on the cosmic multi-dimensions of our chakras, our subtle bodies and other energy gateways & pathways. You can also tone 2 of the Harmonic Spectrum Set forks together to create a harmonic. The Sharps Set are the sharps of the Harmonic Spectrum Set, so together with the Sharps Set, you have a complete octave in the Just Scale.

The Harmonic Spectrum Set emanates pure sounds and overtones to help you relax and centre yourself. The process of harmonic repatterning uses two forks together creating various musical intervals. Each interval creates a unique relationship between the chakras and subtle bodies of your energy field. With an understanding of the chakras, subtle bodies, or Polarity Therapy's five element theory of Ether, Air, Fire, Water and Earth, you can creatively combine your intervals to provide a treatment experience with sound.

The 8 Harmonic Spectrum Forks plus the 5 Sharps Set make a complete octave in the Pythagorean Scale, also known as the Just Scale.

Root Red – C256	◆	Sacral Orange- D 288 Hz	◆	Solar Plexus Yellow - E 320 Hz
Heart Green - F 341.3 Hz	◆	Throat Blue - G 384 Hz	◆	3rd Eye Indigo - A 426.7 Hz
Crown Violet - B 480 Hz	◆	Higher octave of Root Red - C 512		

Fibonacci Tuning Forks are a new sound tool that work with balancing the nervous system and altered states of consciousness to increase creativity and help in treatment trauma and addictions. The Fibonacci Tuners TM are part of a continuum of sound that spirals in and out of different realities. Imagine children walking down the beach picking up sea shells and putting them to their ears. The sound inside the sea shell is the same as the sound created by all the Fibonacci Tuners TM. Children enter the sound of the sea shell sound much like Dorothy in the Wizard of Oz being transported by a cyclone to the land of Oz or Alice going down the rabbit hole to discover Wonderland. They discover realities within realities.

Tuning Forks for Healing continued

When we listen to the Fibonacci Tuner, like children going inside a seashell, we naturally seek out alternate realities within the sound. Each alternate reality is a location within a spiral revolving around a central vortex of stillness which connects with the Universal Energy Field. In many instances it may be more effective to work in an alternate reality to effect treatment than in normal reality. This is no different than a psychotherapist using dreams or a reflexologist pressing points on the feet, hand, or ear to effect treatment within the whole body. In cases of trauma and addiction people often disassociate into alternate realities. The Fibonacci Tuners create a bridge between these realities which can promote a treatment response. There are 8 Fibonacci Tuners. To tell them apart they are labelled by ratios based on the Fibonacci number series which starts with the number 1 and grows by adding the last two numbers in the sequence together to produce the next number. For example 1 is added to 2 to produce 3 then 3 added to 2 to produce 5. The sequence looks like this: 1, 1, 2, 3, 5, 8, 13, 21, 34,n. The Fibonacci Tuner follow the number sequence with the first Fibonacci tuning fork being 1/1, followed by 1/2, 2/3, 3/5, 5/8, 8/13, 13/21, and 21/34.

When creating a Fibonacci interval always use the 1/1 Fibonacci tuning fork to create the interval you want. For example, to create the interval 2/3 use the 2/3 tuning fork with the 1/1 tuning fork, or to create the interval 13/21 use the 13/21 tuning fork with the 1/1 tuning fork. It is also possible to mix any two or more tuning forks and explore the micro intervals they create. For example, you can tap the 8/5 tuning fork with the 21/34 tuning fork.

Brain Tuners are based on brain wave studies using electroencephalography technology to map different states of consciousness known as Delta, Theta, Alpha, and Beta. Delta is associated with deep sleep. Theta is associated with meditation and dream states. Alpha is associated with relaxed awareness, creativity, and heightened learning. Beta is associated with high alertness and focus. When the Brain Tuners are simultaneously sounded - one in the left ear and the other in the right ear - the two hemispheres of the brain function together to integrate the two sounds, creating a third, different tone called a binaural beat. When the Fundamental Brain Tuner tuning fork is sounded with a Delta, Theta, Alpha, or Beta tuning fork the difference between the two tuning forks creates a binaural beat which is heard as a pulsation. The binaural beat gently signals the brain to shift into a different state of consciousness. When we go through a 24-hour cycle, we shift into different states of consciousness determined by our life requirements. One can visualize a car that shifts into different gears as necessary to meet the requirements of the road, i.e. a low gear for pick up and climbing hills, a medium gear for slow driving, and a high gear for highway cruising. In a similar way, living our life requires shifting into "different gears" for different situations.

DISTANCE WORK THEORY

Energy healing has 2 main principles: Summarized from Dr Katharina and William Tiller.

Two Main Principles

- The presence of God is within everyone. This presence has the resources necessary to affect any healing whatsoever. It is OK if you don't believe in God. The belief or disbelief in God does not stop the healing. Everyone and everything contains the organizing intelligence of the whole creation. In physics terms this is the Field of all potential.
- What we think of as "our body" is actually a continuum of intelligence. It spans the non-manifest quantum level of creation to the densest level of creation, our physical reality.

Presence of God/Divine Intelligence

The universe exists in layers. There is a non-changing, eternal level of God which is beyond all that is. There is also a level of this Divine Intelligence residing within each of us and changing as we change. It becomes more apparent as we open spiritually. A beautiful web of life, a matrix of filaments, connects all parts of creation to each other. This web of life spans all dimensions of space and time. Distance Energy Work occurs through this communication network. The existence of this structure allows the past and future to collapse into the eternally present moment.

The Continuum of the Body

Intelligence expresses itself from the finest abstract level to the concrete physical level. We classify these layers in order to improve our attention and healing energies. Different laws of Nature dominate at different levels of density and size in the body so we identify the natural divisions in ways useful to understand the process of energy work. These begin with the subtle body layers from the physical outwards, expanding in size and frequency as it moves away from the physical. It also starts from the eternal level of God in the fullness of all that is in the universe and beyond moving down in frequency and density to eventually manifest as the human body. Here is precisely where religion comes in, that is, at the point where we stand in the gap between knowledge and belief, and must give up our search because we have now developed a unified field theory or string theory but they are but two of the dozens of theories that quantum mechanics offers us to explain the mystery of the universe. This is where faith is required.

Distance Work Theory continued

Amit Goswami explains in 'The Self-Aware Universe' (1995), that mechanistic science can't explain subjective phenomena, while we humans are, after all, subjects, and not objects in our science. We are the observers of nature, not the observed, hence **we are the subjects of our scientific scrutiny**. And as such we are entangled with our observation, which means that we cannot honestly claim that we can achieve one hundred percent of objectiveness in any kind of scientific research endeavour.

"Quantum physics has taught us a hard lesson here, it **taught us** that there is **no way out of this maze, other than religion**, that is, **contemplation of what-is — without judging, without fitting observations to our mental drawers of past knowledge and tradition**. It means we have to remain open for novelty, when we are real scientists, and system literate ones at that!"

The Quantum Field: The investigation into the nature of the quantum field — also known under the terms **unified field, super-string field, zero-point field, or quantum vacuum** — versus the older term ether is one of the primary research topics of modern science. And then we are talking only about tradition sciences, while in the East, in China, Japan, India, or Tibet, the notion of chi or ki presents an even older erudite and sophisticated concept that is part and parcel of TCM (Traditional Chinese Medicine), Ayurveda, and Tibetan Medicine.

While Rupert **Sheldrake speaks of morphogenetic resonance** to explain what Einstein called 'spooky action at a distance,' although the greater part of researchers now speak about the human energy field as a unified field or quantum field. As this universal energy field was not recognized formerly by modern science, avant-garde scientist William Tiller coined the term '**psychoenergetic science**' as the hanger-term for his extraordinary and **mind-blowing research on the impact of human intention on matter**.

Science has now the instrumentation to measure the human energy field, something that just some decades back only clairvoyants were speaking about. — See, for example, William A. Tiller, *Psychoenergetic Science* (2007).

Paradox: A second critical concept along with Entanglement is Paradox, which both Sheldrake and Tiller address extensively. **The Paradox is that a measurement made on either of two particles apparently collapses the state of the entire entangled system—and does so instantaneously, before any information about the measurement result could have been communicated to the other particle** (assuming that information cannot travel **faster than light**) and hence assured the "proper" outcome of the measurement of the other part of the entangled pair. This is **often referred to as collapsing the wave**.

Distance Work Theory continued

The quantum world reveals that photons (the carriers of information) has a somewhat schizophrenic nature. It has the dual capacity to exist either as a wave or a particle. This tendency is referred to as the wave/particle duality. This seemingly illogical notion is naturally counter-intuitive and rubs against our common sense of logic. Ordinarily, we believe that things either are or are not. Matter and energy exist as potential in infinite quantities. Yet only some of that becomes physical. How is that choice made?

It appears that when the light photon is not being observed it exists in waveform, but at the moment of observation, the wave collapses and becomes a particle. The act of observing actually collapses the wave. Prior to making the observation the wave represents a state of pure potentiality. That potential only becomes manifest into a fixed state when we look at it.

In the Copenhagen interpretation, the result of a spin measurement on one of the particles is a collapse into a state in which each particle has a definite spin (either up or down) along the axis of measurement. The outcome is taken to be random, with each possibility having a probability of 50%. However, if both spins are measured along the same axis, they are found to be anti-correlated. This means that the random outcome of the measurement made on one particle seems to have been transmitted to the other, so that it can make the "right choice" when it too is measured.

Western science thus become much closer to the universal truth, acknowledging the existence of a universal bio-plasmatic, subtle energy that is the prime creational force in the universe. This is a welcome development as it narrows the gap that formerly existed between Western and Eastern science traditions. It is without a doubt that the acceptance of acupuncture in the occidental medical sciences, from about the 1970s has significantly contributed to the integration of the human energy field into modern science and medicine.

Discussion Questions: "Many healers assume that the "energy" they transmit is an aspect of their own life force: their Qi, their Chi. When the healer touches into the client, the assumption is that the higher Chi of the healer (accumulated in their body due to diligent spiritual practice, or because of natural inclination) "jump- starts" or re-energizes the depleted parts of the client's energy body. In other words, we naturally use the electric battery as a metaphor for the exchange of healing energies, where healing energies flow from a higher source into a lower source."

1. How is this different from our model of energy work?
2. If we are not transmitting energy when we work on someone, what are we actually doing?

Distance Work Theory continued

"But, what happens when the healer gives a distance energy healing session? Clearly, there is no "jump" of higher to lower, through physical contact. And yet many healers give significant and sustainable energy healing transactions, using only a point of reference (for instance, a photograph of a client, or their name) along with some form of energetic exchange that helps the client in some significant way (transmission)."

3. What is happening that allows the other person to change and recharge.

Resources:

<http://deanramsdens.com/distance-energy-healing/> https://en.wikipedia.org/wiki/Quantum_entanglement
<https://www.distanceenergywork.com/what-is-energy-healing/> <https://www.psychicsource.com/article/life-destiny-meaning/natural-healing-by-psychic-indigo/2875>

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http://noetic.org/sites/default/files/uploads/files/Benor_DistantHealing.pdf
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<http://www.technologyreview.com/view/427174/einsteins-spooky-action-at-a-distance-paradox-older-than-thought/><https://medium.com/on-health-science-sexuality-and-psychoanalysis/chi-and-the-quantum-field-aa78f7470f96>
<https://medium.com/on-health-science-sexuality-and-psychoanalysis/the-human-energy-field-f639ab36dff3>
<https://www.mindbodygreen.com/0-23890/what-everyone-should-know-about-energy-healing.html>

TOOLS: COSMIC BATTERIES (COSBATS) - NOT just another way to hold points.

The Cosmic Batteries correct the flow of energy through the body in an entirely different way from the energy generated by holding acu-points on the Meridians.

There are 4 sets: Cosmic ♦ Neutral ♦ Forces ♦ Planetary

<http://www.servranx.com/Categories/Radionique/Materiel.aspx>

BANKING THE COSBAT ENERGY IN YOUR LIBRARY

Test how many you may bank at any one time then hold each battery one at a time and read the description from the company. Cosbats will attune to your energy and interact with you. It is best not to use someone else's cosbats because of the attuning process. Each set will feel different. Your set will gain/enrich with you as you use it.

You must ask permission to use the cosbats as they sometimes do more energy wise than you would do by holding jus the HK energy flows. If you do not remember the points, then you8 must look them up to refresh your memory before asking for permission to use them,

Cosmic Batteries are complex energy devices made in Europe. There are four different groups which comprise the full set and include a total of 34 different Batteries. Perhaps a better translation from the original French would be "Accumulator," but the best meaning for that word is more obscure in English. The people who developed these Batteries use radiesthesia / pendulum techniques. For short we call them "Cosbats."

The originators have their own ways of using the Batteries. In HK, we most commonly use them instead of holding reflex points. They are not usable under every circumstance, but when used they are incredibly effective and helpful in taking the place of holding the reflex points for energy corrections, etc. When doing corrections on oneself, when working alone with a client who needs many points held, or whenever more hands are needed than are available, then the Batteries become invaluable. When not in use protect them from light exposure and other energies by keeping them in metal boxes or covered with aluminium foil, etc.

USING THE COSBATS

Set up your corrections in the usual way **(i)** find the number of items **(ii)** find what energy flows you need to retune the energy then you ask, "Do we have energy permission to use the Cosbats instead of holding reflex points to do the corrections?" ↑/↓. If ↑, **(i)** identify how many cosbats, **(ii)** which ones, **(iii)** their orientation and placement on the body. **(iv)** Put them aside while you find the item, **(v)** TL ↓ **(vi)** do the item with the cosbats in their correct position and **(vii)** reTL ↑ **(viii)** ask, "Is this item now robust?" Looking for a ↑ The quality of the corrections done with Cosbats can be equal or, in some situations, superior to the usual HK correction procedure.

ADDITIONAL IMPORTANT COSBAT INFORMATION

1. Very Important: Although the Cosbats are great time and effort savers, the energy experience of touching the client's reflex points during corrections is of paramount importance in your training. That is why we prefer to restrict the use of Cosbats to qualified practitioners. Sometimes you will be denied energy permission to use Cosbats for exactly this reason.

Please do not consider using Cosbats for correction procedures which are new to you. The full benefit of the energy "imprint" of that new process is crucial information in your expanding energy library. Ignoring this warning will deprive you of the experience you need which will help you do better, more sensitive work later.

2. When used in HK energy corrections, the Cosbats are completely situation specific. A specific correction done when the practitioner touches the client might need a different Cosbat set-up than the same correction done when the practitioner does not touch. Make sure that every detail remains constant after testing for the specifics. For this reason, it is important to test whether the practitioner has energy permission to be "hands on" during a correction when Cosbats are being used.

3. Cosbat use is customized, like everything else in HK! For a particular individual a specific Cosbat is likely (though not necessarily) to be used in the same way each time the same meridians and same type of correction are involved. For example, suppose Joe needs a Being/Not Being item with NL 3 or C7 Cosbat placed on the navel. Every subsequent time Joe needs a B/NB item with NL3, the same Cosbat is likely to be used in the same place on the body. However, if NL3 & NL6 both are required for Joe's next B/NB, then he might need Cosbats F2 and F7, for example.

4. Be sure to test for the precise orientation of the Cosbat on the body. Typically, Cosbats are oriented either with the cap end pointed toward the north, the head, or up toward the sky. It is unlikely that all three of these orientations would occur simultaneously.

Cosmic Batteries continued

5. Cosbats may sometimes be worn for extended times for special “energy boosts”. Perhaps wearing one or more in a pocket or belt pack can help a person avoid that cigarette, or dozing off in class. Cosbats have been helpful, for example, in expediting weight loss. Be cautious though; you do not want to pay for this benefit with additional later stress. By stimulating the energy in this way, you could cause the body to utilize larger amounts of some specific nutrient, leading to a subsequent deficiency. If over stimulation occurs, you might actually cause enough stress on the body to necessitate additional corrections which would not otherwise have been needed.

6. Since the Cosbats are fragile you need some way of protecting them physically. A hard glasses case works very well, and some cotton padding can be included inside for further protection. Hard bullet boxes make good storage containers for them. Some containers, aluminium tubing, for example, might actually shut off the Cosbat's energy, so be sure to carefully test all containers.

7. Cosbats can be used to “charge up” vials or bottles of water or sea salt. The vials can then be carried in a pocket for personal energies, or placed in the proper location at home or office to generate specific energies for the environment. They can be very helpful in neutralizing geopathic or other environmental energies. Test which Cosbats to use, how much “charged” material is needed, where the material is to be placed, and any time considerations (for three weeks only; four hours per day; only during class; only during the hours of darkness; etc.).

8. Cosbats are more mechanical and impersonal. This is often a disadvantage, where the personal contact through touch can be very important. Sometimes, however, it is an advantage, if the client is still uncomfortable with touch. When you have a client who moves around extensively (such as a hyperactive child) taping the Cosbats in place might allow completion of a correction which would be very difficult with touching reflex points. On other occasions the reflex points simply might not be available due to disease processes, amputation, religious beliefs, sexual mores, fearful child, or the like. Be attentive to your client's needs.

9. When holding points the practitioner receives the same correction, if needed. With Cosbats that does not occur unless you test which Cosbat(s) will correct both you and the client, and you may need to touch in with the client.

The Cosbats are packaged in stoppered glass tubes and they are fragile!