

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

THE  
HEALTH  
KINESIOLOGY  
SYSTEM

HK 5



Jimmy Scott, PH.D.



This document is an adaptation of the work originally composed by **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 Thrunell-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). These courses assist your development in becoming a true professional body-mind-spirit bio-energetic practitioner.

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### **General NB Skills**

Testing Monitoring Skills: Gastrocnemius ♦ Soleus ♦ Posterior Tibialis ♦ Psoas ♦ Iliacus

Issue Analysis

- Bio-Energy Model
- MPPQ Matrix

Doing distance sessions

### **New Energy Skills and Correction Factors**

1. BIOENERGY TONING FACTORS: Visualization ♦ Emotions Training

2. ADJUNCTIVE ACTIVITIES: Exercises ♦ Vital Energy

3. BIOENERGY CONTROL SYSTEM Chakra Cell Spin

4. PSYCHOLOGICAL CORRECTIONS: Body Parts ♦ Fears ♦ Imperatives! ♦ Linked Opposites  
Named People / Places ♦ People / Me ♦ Phobias

5. BIOENERGY FLOW BALANCING:

Cognitive-Sensory Energy Integration Corrections - Body Position Memory

Bio-energy Centres (Chakras)

Single

Multiple

## Gastrocnemius

The gastrocnemius is a superficial two-headed muscle that is in the back part of the lower leg of humans. It runs from its two heads just above the knee to the heel, a two-joint muscle. The muscle is named via Latin, from Greek γαστήρ "stomach" and κνήμη "leg"; meaning "stomach of leg" It is located on the back portion of the lower leg, being one of the two major muscles that make up the calf. The other major calf muscle, the soleus muscle, is a flat muscle that lies underneath the gastrocnemius. Both the gastrocnemius and the soleus run the entire length of the lower leg, connecting behind the knee and at the heel. The flexing of this muscle during walking and bending of the knee creates traction on the femur, pulling it toward the tibia in the lower leg and causing the knee to bend. Both the gastrocnemius muscle and the soleus join onto the Achilles tendon, which is the strongest and thickest tendon in the human body. The tendon originates about six inches above the heel, running down the center of the leg to connect to the heel below the ankle.



## Soleus

The **soleus** is the plantar flexor muscle of the ankle. The soleus muscle is primarily used for pushing off the ground while walking. It may be exercised through calf raises while standing up or sitting down. The soleus is vital to everyday activities such as dancing, running, and walking. The soleus muscle helps to maintain posture by preventing the body from falling forward. The soleus is also part of the skeletal-muscle pump, which is a collection of muscles that help the heart circulate blood. Veins within the muscles become compressed and decompressed as the muscles surrounding them contract and relax. This aids in venous return of blood to the heart.

## Posterior Tibialis

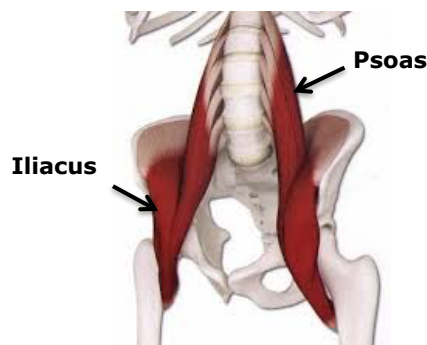
The **tibialis posterior** muscle is a relatively small muscle located within the back side of the calf. It is also the most centrally located muscle in the leg, arising from the inner borders of the fibula and tibia on the posterior (rear) side. The primary function of this muscle is to provide stability to the lower leg. It also facilitates foot inversion (swiveling inward) and aids the ankle's plantar flexion (flexing the foot or toes downward). Additionally, the muscle performs a key role in providing support to the foot's medial arch. Any dysfunction of the tibialis posterior muscle may result in a condition known as 'flat foot syndrome' in children and adults.



## Psoas / Iliacus

The **psoas** major assists with the flexion and external rotation of the hip joint. It is also considered part of the group of muscles that are known as the hip flexors. If this muscle tightens, the action may result in lower back pain. The iliacus is important for lifting (flexing) the femur forward (e.g. front scale). In closed-chain exercises, the iliopsoas bends the trunk forward and can lift the trunk from a lying posture (e.g. sit-ups, back scale) because the psoas major crosses several vertebral joints and the sacroiliac joint. From its origin in the lesser pelvis the iliacus acts exclusively on the hip joint. [1]

The **iliacus muscle** is found in the lower portion of the trunk, covered in a thick fascia (connective tissue). This muscle is shaped like a triangle, flat, and an exact fit of the iliac fossa — the curved surface of the largest pelvic bone. Together with the psoas major muscle, it is also called the **iliopsoas muscle**.



## **BIO-ENERGY MODEL and its extension the MPPQ MATRIX**

In HK 2 we discussed Dr. Scott's concept of the Bio-Energy Model. Here we expand this to the ways that different energies flow through the body. Much of the understanding is contained in the charts. The Bio-Energy Measures Chart details the steps energy takes to get through various parts of the body. Any disturbance in any step in the process indicates a need to balance the energy associated with that step in that location of the body.

Where does energy come from? "The Universe". We are using the scalar energy that fills the spaces between the molecules. Quantum (scalar) energy or zero point, or potential energy is transformed into Bioenergy. Bioenergy is held in the crystalline structures, bones, cerebellum as well as LTs, liquid crystals and other structures. The cell membrane consists of two rows of Fatty Acids in a crystalline structure. These attract and repel frequencies to allow energy in and out of cells.

When we check the state of a cell or organ or tissue by using an index we are actually checking the crystalline structure. The more structures the more energy.

The scalar conversion process is not yet well understood. Tom Bearden suggested that virtual particles are all connected in scalar space. Using zero-point energy is using the content of space.

If we consider a new born chick, it has more calcium in its bones than the egg had to start with. Calcium is converted from silicon. Zero-point energy transmutes the silicon into calcium.

Zero point or scalar energy surrounds us as potential energy. Passing through our aura it is transmuted into bio-energy by our crystalline structures and stored as bio-energy. When we do corrections, we are using that energy to maintain and correct structures. Any energy structure that has deteriorated requires bio-energy to rebuild. In the process of doing the correction, we are directing bio-energy into the structures to allow them to come into normal balance.

It is interesting to index the body's ability to do scalar to bioenergy conversion. You can also index the strength of the crystalline structures in the body.

\*\*\* See my Appendix to this Discussion on page 23

**MPPQ MATRIX continued**

<b>BIOENERGY MODEL: BIOENERGY MEASURES</b>				
ABR	#	MEASURE		DESCRIPTION
C	1	COMPARE	Control System	The Energy System COMPARES which energy it needs and where it needs it with what is available.
T	2	TUNE		The Energy System then TUNES the appropriate acu-points or other intakes it is to absorb the specific energy it needs, where it needs it.
I-M	3	INTAKE	Meridian	The INTAKE is the amount of energy coming into the meridian through the acu-points.
L-M	4	LEVEL		The energy LEVEL is determined both by the INTAKE and the FLOW. Balancing the meridians will equalize the energy LEVEL of the meridians, but that LEVEL may still be low or high, and the FLUIDITY or COHERENCE may not have been corrected.
FW-M	5	FLOW		This is the amount of energy FLOWING through the meridian and is determined by the degree of INTAKE, the TRANSFER-OUT, the FLUIDITY and the COHERENCE of the energy, and by any energy blockages or energy restrictions in the meridian.
FL-M	6	FLUIDITY		The FLUIDITY is the viscosity of the energy. It may be viscous and sluggish or too fluid, running out of control.
C-M	7	COHERENCE		The COHERENCE is how scattered or how 'together' or synchronized the energy is functioning. Analogous to coherent light (laser). Not turbulent.
TO-M	8	TRANSFER OUT		As the energy flows through the meridian it is TRANSFERRED-OUT of the meridian becoming available as tissue energy INTAKE.
I-T	9	INTAKE	Tissue	The INTAKE is the amount of energy coming in to the tissue, diffusing through the walls of the meridians.
L-T	10	LEVEL		The energy LEVEL is determined both by the INTAKE and the FLOW.
FW-T	11	FLOW		This is the amount of energy FLOWING through the tissue and is determined by the degree of INTAKE, the FLUIDITY, the COHERENCE, and the out-flow of the energy, and by any energy blockages or energy restrictions in the tissue. The out-flow is determined by the COUPLING-IN and COUPLING-OUT functions at the cellular level in the tissue.
FL-T	12	FLUIDITY		The FLUIDITY is the viscosity of the energy. It may be

**Dr. Scott's HK 5 Reference**

				viscous and sluggish or too thin, fluid, out of control.

**Bio-Energy Model: Bio-Energy Measures continued**

C-T	13	COHERENCE		The COHERENCE is how scattered or how 'together' or synchronized the energy is functioning. Analogous to coherent light (laser). Not turbulent.
C-I	14	COUPLING In	Control System	Cellular level. How well is the energy control system connected to the cell it is controlling?
S	15	STRENGTH		Cellular level. How strong is the controlling energy at the cell?
C-O	16	COUPLING OUT		Cellular level. How well is the energy control signal doing the job?
MBEI	17	MIND TO BODY ENERGY INTEGRATION	Control System	MBEI is how well the body is receiving and utilizing the control system energy signals it needs from the brain/mind.
BBEI	18	BODY TO BRAIN ENERGY INTEGRATION		BBEI is how well the brain/mind is receiving and utilizing the control system energy signals it needs from the meridians (as a part of the body).

Level, Flow, Fluidity, & Coherence in the Meridians is where Spin corrections work.

Here are some suggested Reflex Evaluation Points, REPs, for these 18 energy components. Bank these component energy patterns in your Energy Library, then ask verbal questions to determine each component.

C	1	COMPARE		CV 15	Tip of xiphoid.
T	2	TUNE		CV 9	1 cun above navel
L-M	4	LEVEL		GB 23	Up 2 ribs from Sp 21.
FW-M	5	FLOW		St 25	Level of navel.
FL-M	6	FLUIDITY		K 23	Level of nipples.
C-M	7	COHERENCE		K 24	
TO-M	8	TRANSFER OUT		K 16	Level of navel.
C-T	13	COHERENCE		CV 19	On sternum
C-I	14	COUPLING IN		K 26	Second dip down from collarbone

## Dr. Scott's Analysis of which Measures are involved for Specific Corrections

		NATURAL BIOENERGETICS BIOENERGY MODEL PROCEDURES – ENERGY MEASURES CHART																
Energy Measure		PROCEDURES																
		Psychological: Structures	Psychological: Processes	Psychological: CLC	Spin	MC	CD	Cross Crawl	Age ID	Chakras	Aroma	Magnet	SET	TEB	Psycho-physiological	Unification Structures	EFB: Realizations	EFB: Process of Remembering
ABR	#																	EFB: Feeling - Touching
C	1	X	X	X		X						X	X			X	X	
T	2				X	X				X		X				X		X
I-M	3											X		X	X	X		X
L-M	4				X	X						X				X		X
FW-M	5												X			X		
FL-M	6	X	X	X				X			X	X				X		X
C-M	7				X	X			X			X				X		X
TO-M	8	X	X	X										X	X	X	X	
I-T	9					X	X				X	X	X			X		X
L-T	10					X	X			X		X	X			X	X	X
FW-T	11					X	X									X		
FL-T	12								X		X	X	X		X	X		X
C-T	13	X	X	X			X					X	X		X	X	X	
C-I	14					X								X	X	X		X
S	15					X	X				X	X				X		X
C-O	16					X					X	X	X			X	X	X
MBEI	17						X					X	X	X	X		X	X
BBEI	18																	



## Dr. Scott's Bio-Energy Measures Chart for you to use

NATURAL BIOENERGETICS BIOENERGY MODEL		PROCEDURES – ENERGY MEASURES CHART																	
Energy Measure		PROCEDURES																	
ABR	#																		
C	1																		
T	2																		
I-M	3																		
L-M	4																		
FW-M	5																		
FL-M	6																		
C-M	7																		
TO-M	8																		
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L-T	10																		
FW-T	11																		
FL-T	12																		
C-T	13																		
C-I	14																		
S	15																		
C-O	16																		
MBEI	17																		
BBEI	18																		

If you take a recently completed session you did you a client and write the type of correction across the top of the chart then test down through the measures and mark where each correction was working.

## ENERGY CONTROL SYSTEM

HK practitioners are not only interested in the physical problems people may have but whether the energy is balanced and flowing smoothly. A balanced flow of energy through the meridians and subtle bodies allows the physical body to heal in its own time. The material physical body is actually the most insignificant of all the bodies. We are working both with the energy flowing through the meridians in the etheric body which then flows into the physical and out to the other subtle bodies and the energy flowing through the tissues.

"There is a constant interchange between what our soul has come down to do and what the ego wants. If we get ill, it is often because the ego has strayed off the path that the soul has set for it. Being really ill is a gift, because it makes us stop and take stock of our life. We must learn to flow as nature does through the seasons. Tension happens when we resist the flow and illness occurs when we resist our changes. Illness is usually a process which makes us more receptive, more open to change. This is often the 'gift' and the value of illness." Ann Parker

**The Energy Control System** is a function of the body, brain and mind. It switches the acu-points on and off to take up and distribute the energy along the meridians and down into the tissues and organs. It provides clear communication between the brain and all the functions of the body.

It consists of: -

**NERVOUS SYSTEM** – sends electrical impulses to sense, monitor and control all internal and external sense systems to provide the body's needs running the intake / excretion of food, water, air, metabolism and motor functions.

**ELECTROMAGNETIC SYSTEM** - monitors, operates and regulates the sense powers to stimulate and control all the body's energy needs, the acu-points and meridians to provide the energy to tissues and organs, sense injuries and switch on the immune system to stimulate healing, excrete waste products via the eliminative systems and stimulates the pineal and pituitary glands to secrete the relevant hormones.

Disturbances in the ECS may cause - Impaired healing ♦ Needless pain ♦ Interference with cell function ♦ Impaired intellectual function ♦ Phantom sensations ♦ Toxic overload

WE TAKE IN: Food, Air, Water, Chi, Ideas, Sunlight

WE GIVE OUT: Excretions, Heat, Thoughts, Words, Actions, Emotions

## TYPES OF STRESSORS

Stress is anything that dis-organizes or debilitates any aspect of physical, emotional or intellectual functioning.

**Acute stress** is the most common form of stress. It comes from demands and pressures of the recent past and anticipated demands and pressures of the near future and it can crop up in anyone's life, and it is highly treatable and manageable. Acute stress is thrilling and exciting in small doses, but too much is exhausting. A fast run down a challenging ski slope is exhilarating early in the day. That same ski run late in the day is taxing and wearing. Skiing beyond your limits can lead to falls and broken bones. By the same token, overdoing on short-term stress can lead to psychological distress, tension headaches, upset stomach and other symptoms.

- **Emotional distress** — some combination of anger or irritability, anxiety and depression. Includes anger, fear, frustration, sadness, betrayal, bereavement
- **Physical/Muscular** stress including tension headache, back pain, jaw pain and the muscular tensions that lead to pulled muscles and tendon and ligament problems.
- **Stomach, gut and bowel disruptions** such as heartburn, acid stomach, gas, diarrhea, constipation and irritable bowel syndrome.
- **Over arousal short-term**, leads to elevation in blood pressure, rapid heartbeat, sweaty palms, heart palpitations, dizziness, migraine headaches, cold hands or feet, shortness of breath and chest pain.

**Episodic acute stress** is caused by spikes in stress within an already stressed person. This is the continuous daily stress with peaks. It generally comes from ceaseless worry and always expecting the worse, or from being chronically angry and hostile. It leads to persistent tension headaches, migraines, hypertension, chest pain, heart disease and chronic and inflammatory diseases. The "Type A" personality described by cardiologists, Meter Friedman and Ray Rosenman, is similar to an extreme case of episodic acute stress. Type A's have an "excessive competitive drive, aggressiveness, impatience and a harrying sense of time urgency. "In addition, there is a "free-floating, but well rationalized form of hostility, and almost always a deep-seated insecurity."

**Chronic Stress** is the grinding stress that wears people away day after day, year after year. Chronic stress destroys bodies, minds and lives. It is when a person never sees a way out of a miserable situation.

## Types of stress: Chronic Stress continued

Post-Traumatic Stress Disorder (PTSD) ♦ experiences of anger, fear, frustration ♦ sadness  
Betrayal ♦ bereavement issues ♦ grief that have not been resolved ♦ dysfunctional families  
♦ early childhood experiences that become internalized ♦ long term effects of trauma, abuse, and sexual assault ♦ stress of poverty ♦ being trapped in an unhappy marriage or despised job or career

"The worst aspect of chronic stress is that people get used to it. They forget it's there. People are immediately aware of acute stress because it is new; they ignore chronic stress because it is old, familiar, and sometimes, almost comfortable." Chronic stress kills through suicide, violence, heart attack, stroke and, perhaps, even cancer. People wear down to a final, fatal breakdown. Because physical and mental resources are depleted through long-term attrition, the symptoms of chronic stress are difficult to treat and may require extended medical as well as behavioral treatment and stress management.

Adapted from The Stress Solution by L. H. Miller, PhD, and A. D. Smith, PhD. <https://www.apa.org/helpcenter/stress-kinds.aspx>

In HK, we also recognize other kinds of stress:

**Chemical stress** – Environmental pollution such as exposure to pesticides and cleaning solvents, and the personal use of chemicals such as drugs alcohol, caffeine and nicotine

**Mental stress** – high responsibilities, long hours, perfectionism, anxiety and worry. This may be episodic or chronic.

**Electro-magnetic and Geopathic Stress** from the environment that disrupts the body's electrical fields.

**Nutritional stress** – vitamin and mineral deficiencies, protein or fat excesses or deficiencies, food allergies

**Traumatic stress** – infection, injury, burns, surgery, extreme temperature, physical and/or emotional

**Psycho-spiritual stress** – relationship, financial or career pressures, issues of life goals, general states of happiness.

## ECS: (CCS) CHAKRA CELL SPIN

"I have been doing this correction with amazing results for many years now. Cells also have a spin of their own. The correction seems to adjust the spin at cellular level at the site of the major 7 chakras. The Chakras have a particular spin, as do the cells within them. When all of the cells are spinning in a congruent way, it allows for the Chakra to then spin correctly. This correction can come up anytime in any kind of session under the ECS heading." Vivian Klein

### Procedure:

#### 1. Test how many Chakras need correcting.

Usually either 6 or 7 Chakras. It is very unusual that less than 6 need correcting, but can happen.

Test: "Are we going to place magnets on all 7 Chakras? Y/N, just 6?", etc.

If six, find which Chakra doesn't need to be included. This can be any of the 7 Chakras.

#### 2. Find points to be held

#### 3. Find the polarity of each magnet on each Chakra.

Magnets are usually placed vertically, but not always. Good idea to tape the magnets so they don't move, and for the crown Chakra, use small hair clasp to hold magnet down, or be creative!

#### 3. TL when all the magnets are in place ↓

#### 4. Hold the points until the energy changes and locks in.

#### 5. ReTL ↑

#### 6. Ask, "Is this ECS: Chakra Cell Spin now robust and complete?" Looking for a ↑

### Examples from Vivien's files:

ECS: Chakra Cell Spin      NL 4      - C 1 SS ↓, C 2 NS ↓, C 3 SS ↓, C 4 NS ↓, C 5 SS ↓, Crown SS ↓

ECS: Chakra Cell Spin      NV 2      - C 1 SS↓, C 2 NS↓, C 3 NS↓, C 4 SS ↓, C 5 ↑ - all horizontal

## EFB: BODY POSITION MEMORY

When Energy Flow Balance: Body Position Memory comes up on the menu, you need to discover a precise body position that is stressful to the person. You will hold the reflex points while the person holds the position. Typically, there is only one (1) item but it may be quite a complex position.

Although the position may remind the person of a particular trauma or event, it is not important to know exactly what it is related to. Simply work out the position and hold the points until it TLs strong.

A body position can become stressful when a sudden trauma occurs and a person is in a particular position. The trauma can be physical or psychological. It could be something as simple as a twisted ankle from stepping off the curb to a severe or dangerous accident. It may be completely outside of their conscious memory. The Body Position Memory correction is needed when the shock has become permanently associated with the position of the body from when the initial incident occurred. Consequently, whenever that position is assumed, the stress is triggered. The stress is stuck in the physical body position.

### **Procedure: This correction follows the standard sequence.**

1. Determine how many items and find the Reflex and Elements needed. For this correction find the points first so that once you get the body in position you have the points ready.
2. Determine the body position/s (i) Work from Big to Small and find as much detail as needed, **(ii)** As the client gets into the position use whichever muscle is available to test or self-test **(iii) Ask**, "Do we need to more detail?"

- **Overall Positions:** Lying, sitting, standing, kneeling, squatting
  - Then do all **the adjustments (i)** from large to small (the torso, head, legs, arms) **(ii)** each joint: hip, knee, ankles, toes, shoulders, elbows, wrists, fingers **(iii)** Spine, leaning (direction), twisted, rounded **(iv)** Neck, head
- **Now the fine details:** eyes or mouth, open or shut and breath, normal, held, fast, slow
- **Other things to consider:**
  - Specific muscles tensed or relaxed. You would not usually offer any cushions or support for balance and comfort.

3. TL when entire body position is ready to go. Place your palm over client's navel if possible and self-test otherwise place palm over your navel, making contact with the client in some way and self-test.

3. Hold the reflex points while the client stays "frozen" in the position. No particular thought or state of mind needs to be held but note any emotions generated.

4. TL to confirm it is strong and **ask**, "is this Energy Flow Balance: Body Position Memory now robust and complete?" then release the position.

## ψ FEARS

- an unpleasant often strong emotion caused by anticipation or awareness of danger
- a distressing emotion aroused by impending danger, evil, pain, etc., whether the threat is real or imagined; (Merriam Webster)

Fear is a normal human emotion that is triggered by a perceived threat. It is a basic survival mechanism that signals our bodies to respond to danger with a fight, flight or freeze response. It is an essential part of keeping us safe. However, when people live in constant fear, whether from threats they perceive (mental or emotional) or actual physical threats, they can become incapacitated.

Fear prepares us to react to danger. Once we sense a potential danger, our body releases hormones that slow or shut down functions not needed for survival (such as our digestive system and executive cortex in the brain) and sharpen functions and instincts that might help us survive. Our heart rate increases, and blood flows to muscles so we can run faster. There is an increase to the flow of hormones to the amygdala to help us focus on the presenting danger and store it in our memory.

Living in onstant fear has serious health consequences. (Summary from <https://www.takingcharge.csh.umn.edu/impact-fear-and-anxiety>)

1. **Physical health.** Fear weakens our immune system and can cause cardiovascular damage, gastrointestinal problems such as ulcers and irritable bowel syndrome, and decreased fertility. It can lead to accelerated aging and even premature death.
  2. **Memory.** Fear can impair formation of long-term memories and cause damage to certain parts of the brain, such as the hippocampus. This can make it even more difficult to regulate fear and can leave a person anxious most of the time. To someone in chronic fear, the world looks scary and their memories confirm that.
  3. **Brain processing and reactivity.** Fear can interrupt processes in our brains that allow us to regulate emotions, read non-verbal cues and other information presented to us, reflect before acting, and act ethically. This impacts our thinking and decision-making in negative ways, leaving us susceptible to intense emotions and impulsive reactions. All of these effects can leave us unable to act appropriately.
  4. **Mental health.** Other consequences of long-term fear include fatigue, clinical depression, and PTSD.
- There are several Ψ Fear substructures that occur on a regular basis. Fear of: Fear of being: Fear of not being: Fear that: Fear that I will: Fear that I won't: Fear for:

## **AFFIRMATIONS TO STRENGTHEN THE SEVEN MAIN CHAKRAS**

**BASE:** belonging, safety, trust, connection to the earth

- I am here in my body and all is well
- I have confidence in my higher self who can fulfill my every need, my life flows with prosperity.
- I am aware of my thoughts, feelings, and body in the present moment. **SACRAL:** feelings, relationships,
- pleasure, creativity, sexuality
- I accept and recognize my sexuality. My physical health is solid and sound.
- I am radiant, beautiful and strong and enjoy a healthy and passionate life

**SACRAL:** feelings, relationships, pleasure, creativity, sexuality

I accept and recognize my sexuality. My physical health is solid and sound.

I am radiant, beautiful and strong and enjoy a healthy and passionate life

**SOLAR PLEXUS:** personal power, self-control, vitality, purpose, direction

- In a gentle beneficial manner, I let go of every emotion which upsets me. I declare my personal power.
- I am positively empowered and successful in all my ventures **HEART:** love, compassion for self and others, forgiveness, deep connection
- I can easily and freely give and receive love. I completely forgive myself and others for all past mistakes and judgments.

**HEART:** love, compassion for self and others, forgiveness, deep connection

- Love is the answer to everything in life, and I give and receive love effortlessly and unconditionally
- I accept myself and others easily.
- Love is abundant in my world.



## **Confirmations for the Chakras continued**

**THROAT:** communication, truth, expression, independence

- I can easily and pleasantly express my feelings, emotions thoughts and intuitions.
- My thoughts are positive, and I always express myself truthfully and clearly
- I express myself in loving ways. My voice is truthful and strong. I communicate with clarity and ease

**BROW:** intuition, awareness, imagination, intelligence

- My inner vision is clear and profound. I have confidence in my inner vision and intuition.
- I am tuned into the divine universal wisdom and always understand the true meaning of life situations
- I am aware in every moment. I trust my intuition.

**CROWN:** connection with higher self, spirit, source, universe, God or divine wisdom

- I recognize and accept my spirituality. I am complete and one with the divine energy
- I let go and I trust the process of life.
- I connect easily with spirit. I am sure of my inner knowing

Resource: for more affirmations related to each chakra check out <https://www.chakra-anatomy.com/chakra-affirmations.html>

## **BTF: VISUALIZATION**

Energy follows intention. Where we are right now is a product of our past thought patterns. Consequently, we can manifest where we want to be by thinking positively, affirming ourselves and through visualization. However, it is the emotional drivers that determine the manifestation. With Visualization, you want to be sure that the emotional charge is removed and the personal can visualize the situation with no stress. Stress will derail the process.

Visualization is Bioenergy Toning. The client goes home to visualize the perfect state that they want to achieve. They visualize the situation being exactly as they want, and you can test what is appropriate for that person. The more they can create and put themselves into the scene and feel, hear, see, and experience the state the more effective the visualization will be.

After you work out the visualization you will need to have them do it and TL to be sure it is NOT stressful. If it is stressful you may need to do some psychological corrections or hold points with them doing the visualization until it is free of stress. Then they can do it as a Bioenergy Toning exercise.

To work out the actual image use the following questions:

- Is it a physical visualization? Surface or internal body part (give them pictures)
- Is it cosmetic? Is it relationship? Is it ideas about self-.....? (picture giving self a big hug) Is it to achieve some goal?
- Check that the image is acceptable for the client and is the best one for them to do. Do they now have enough information to do this visualization?
- How long is each session? Activity time or calendar time? Every day? How many times? For how long?
- Anything else we need to know? Where? What time? With whom?

## DISTANCE WORK THEORY PART 3

### In-Person Biofield Healing vs Distance work

While some practitioners may do distance work via phone or other telecommunication means, other energy practitioners prefer to directly address their client on a one-to-one biofield exchange. Working in close proximity with the client's own energy field, an energy practitioner may do a hands on work, approaching and manipulating the biofield of the client through energy exchange or information.

This form of energy work while having similar positive healing effects to distance work, directly addresses the biophysical level where an exchange of energy may occur within the Biofield (auric and chakra fields). In this case, energy may be transferred, transmitted or exchanged, but in a different manner.

When dealing directly on a human biofield level, energy practitioners set out to work directly with both the energy field of an individual as well as their spirit. Human fields are a complex dynamic and a set of interrelationships based on a fluid dynamical system that is in constant renewal and integration of the physical body which itself is in constant energetic communication with the auric and etheric body and other more subtle realms. Biophoton or light healing exchange, divine healing, or chi transmission are a few of the energies exchanged.

In distance work there are a few more factors involved in the transmission of energetics across space: Etheric Structural Change, and the application of Lucidity. Let's break down these two terms, and see how they would operate like metaphoric chopsticks, in that both are needed to interact with the energy body of the client.

Remember that in actual fact there is no space between and that space does not interfere with the energy connection or transmission. The entanglement allows it to happen simultaneously

### Definition: Etheric

The etheric body, ether-body, æther body, a name given by neo-Theosophy to a vital body or subtle body propounded in esoteric philosophies as the first or lowest layer in the "human energy field" or aura. It is said to be in immediate contact with the physical body, to sustain it and connect it with "higher" bodies. (Wikipedia)

The **etheric** body absorbs, assimilates and distributes energy via centres called 'Chakras

## Theory of Distant Healing continued

The etheric structure of reality is not bound by space: it is Quantum in nature, not Newtonian. The etheric underlies complex structures of nature and of the human body, and extends far into space, and perhaps into dimensional realities outside of our everyday world. It is the oak tree already energetically pre-existing in the acorn. It is the DNA of structured reality, but at far more levels of "reality" than we can conceive. Interacting with the etheric is accomplished by so-called Psychic Development, where the individual finds a way to access the etheric through training, or by natural talent.

The psychic intuitively understands that all things are connected, all life flows between and around structures in space and time, and by becoming aware of these forces can learn to change them to some extent. The technology to do this can be found in the ancient traditions of Magick, famously defined by Aleister Crowley as "the Science and Art of causing Change to occur in conformity with Will", which has mapped out ways in which esoteric practitioners can both perceive, and change, the flow within or around any etheric structure\*. And, if we cannot change something, we can perhaps influence it to turn in a more humane, non-suffering, direction.

Etheric energies are directed by aspects of the higher chakras, and their connection to both an evolving human being, as well as an understanding of how etheric structure functions. But, as with any skill, this requires discipline and training. Etheric work is done both by an act of human will and intention, as well as in cooperation with the healer's higher chakra functioning. Together, mental imagery plus knowledge of functional flows, creates the etheric healing skill set.

### Definition: Lucidity

The state of being aware that one is dreaming in the dream, The state of being in a lucid dream. The quality of being easily understood, completely intelligible, or comprehensible (Wordnik)

The second factor is Lucidity: the transmission of an awakened clarity of mind that stimulates a similar awakening in the client. Lucid energies are multi-dimensional, in that they consist of many coexisting realities that are mysteriously synchronized with each other. This energy includes emotional content, but this particular feeling state is beyond any polarity of good or bad, right or wrong. It is transformed awareness that is shared with another: In the language of Yoga it is shaktipat, or transmission of insight.

## Theory of Distant Healing continued

### Definition: Shaktipat

Shaktipat initiation, is the awakening of the Divine force that is resting in potential within us. This is known as the descent of Grace. It usually occurs through a living enlightened spiritual leader, but may occur spontaneously. Once the spiritual energy is activated, it begins to spontaneously move through our body, spiritualizing every cell, every aspect of the DNA, every chakra, every nadi (which are the channels of the subtle nervous system), every organ and every tissue, so that all consciousness becomes activated into the next spiritual stage. (Dr Cousins)

In HK/NB terms this would be the exchange of information across energy systems. It is your energy educating and informing the client's energy system. It is providing the pattern they need to upgrade.

When you combine etheric structure and lucidity, you then have the tools to help a client at a distance, assuming you have a point of contact (by voice, ZOOM, or photograph). The distance energy healer then brings these two skills together, with the intention to help the client to surmount an obstacle, to heal their body, or to transform a challenging issue. It does this by finding a priority stress and retuning the body around that stress in the client's energy body, and then by infusing that directional shift with lucidity and opportunity.

The Relational Energy Field can be defined by our connections to others, and by how our relationships help us evolve, or have come to hold us back from positive change. Once we have the skills to tap into the functional mechanics of the etheric bodies, and we learn to energize those structures with lucidity, then we are no longer helpless in the face of the ebb and flow of the everyday world. We can, as Crowley emphasized, "... cause in any object any change of which that object is capable by nature". We can help people heal, and come to develop lucidity for themselves.

A distance session isn't any more complicated than a normal hands on session. You'll need the same basic information, such as the primary health concern or goal, expectations after the session, their permission to entangle or check into their energy, and of course balance. Then you can use your exact "live" session. The basic work comes out of the process to identify the stress. Work the menu, add intuition, and help them release creative energies with new patterns where the new wave collapses into reality for them.

## Theory of Distant Healing continued

"Thanks to advances in evidence-based scientific research, remote energy healing is making a popular resurgence in the western world. Now the scientific community is paying attention to what so many of us have known for years!"

### More Useful concepts:

- **Energy**

All matter is comprised of energy. Various frequencies that emanate from matter such as humans, plants and objects as well as subtle energy space is scientifically measurable. Contemporary science is constantly developing measuring tools and devices that can effectively measure such subtle energy fields and their frequencies, matter and various subtle energy dimensions including those within and around the body sphere. Subtle realms and harmonic frequencies, however, are measurable and show variations around and within the body, in our environment and throughout our atmosphere.

- **Quantum and Torsion Field Science**

Quantum physicists and scientists such as William Tiller, Irwin Laszlo, Rupert Sheldrake, Beverly Rubik and others from diverse academic and scientific disciplines posit a variety of conceptual ideas that are rooted in theoretical modelling as well as scientific evidence-based research. Scientists from various scientific, medical, healing and consciousness study communities posit various combinations of quantifiable and qualitative research as well as theoretical modelling systems that attempt to answer how healing actually works. While there are many approaches to answering this question, some current postulations suggest that remote healing may actually be transferred or exchanged within a particular harmonic field resonance and that healing may occur via the Russian discovered torsion field. Such continued research is generally based on the exploration of consciousness and biofield properties and quantum mechanics field information.

- **Holographic Lens**

The model of a holographic universe that connects all matter and all objects in a connective fashion unites the interests of both quantum mechanics scientists and energy practitioners alike. The notion that we are all connected as part of a complex dynamic and fluid system - that all matter and objects are interrelated and connected allows us in part to understand how remote healing may actually work.

## **Theory of Distant Healing continued**

While scientists continue to explore the connective material and energy grid around us using measurement devices, some highly sensitive individuals experience and see this connective energy grid that unites all of humanity.

**Unified Field Theory – Linking it all Together** In an attempt to create a comprehensive model, Dr. Swanson in Synchronized Universe suggests that from the molecular level of DNA to the biophoton field of the body, to the bio-hologram and to the torsion field which is integral to the aura and which connects each of us to the cosmos, may explain how all phenomenon is linked together. According to Swanson this offers us a model of extended consciousness which explains how we link to each other and humanly perform remote or extended healing and telepathy, and are able to affect the properties of materials at a distance. The SUM model, which he bases upon torsion field research findings and theory, provides a scientific basis that comes closer to understanding how higher, non-material dimensions in which consciousness can continue beyond the physical plane may take place. Swanson posits that "Life Force", similar to chi, prana, subtle energy, torsion, the "information field", bio-field and bio-plasma couples to consciousness and is essential to all life. This life force energy can alter space and time and physical processes and he suggests that torsion fields may be the possible mechanism upon which information is exchanged. These postulations may be a step closer to explaining how remote healing actually works.

## **How Remote Healing Works via Skype or Phone**

It may be difficult to imagine how a healer may actually transmit a healing effect over the phone or via Zoom. Energy is not particularly transferred – in other words it doesn't really travel anywhere. What current science supports is the notion that a healing action occurs simultaneously in non-local space. The term and concept of non-local space is used frequently in the discourse of science and healing. Its implications, which are based on quantum mechanics research and experimental findings in torsion field research, suggest that there can be a simultaneous action-reaction dynamic within or throughout vast physical distance or geographic space using such communications mediums as phone or Zoom. Thus an energy practitioner once linked into an energetic signature of a client can effectively work in a different time zone and from a different country using any communications medium. All energetic information is available within our connective energy grid of consciousness. Energy practitioners or healers are just tuned into energy frequencies and are able to tap into the field of subtle energies and work to shift the subtle energy fields of individuals. The healing mechanism, however, for long distance or remote healing remains, at least for the scientific moment, shrouded in mystery.

## Theory of Distant Healing continued

### Some more useful words

**Connect:** Abundance in your life awaits; energetically clear your body and facilitate your own high energetic and optimal self.

**Experience:** Learn what it feels like to be in awareness of your energetic self, to take control of who you really are, to experience your own aura, the internal functions of your body, your innate intuition. Learn to heal yourself.

**Heal:** Heal can only be applied to self. A practitioner can guide, direct or inform someone in the process but only self can "heal". Applies to traumas, addictions, wounds, childhood, relationships, fear, physical ailments, anxiety. Energetically release yourself from psychological and emotional barriers.

**Identify:** Access your inner wisdom; be in flow of your life's direction; create and broaden new life perspectives and open to the mystery, abundance, the cosmos while deepening your inner life's journey.

**Resolve:** Clear outdated patterns of behaviour, old relationships, cords, blocks fear and anxiety. Create space for you to inhabit yourself. Be whole.

**Transform:** Update and eradicate old habituations, belief structures, relationships and memories that no longer serve. Energetically release, clear and optimize. Renew cellular and molecular structures.

### Resources:

- WilliamTiller on Chi <https://www.youtube.com/watch?v=WWfMxRQ0AHU&feature=youtu.be>
- <https://blog.world-mysteries.com/science/torsion-the-key-to-theory-of-everything/>
- <http://deanramsdens.com/distance-energy-healing/>
- Benford."Spin Doctors": A New Paradigm Theorizing the Mechanism of Bioenergy Healing <[www.journaloftheoretics.com](http://www.journaloftheoretics.com)>.
- <http://www.energyintuitives.com/remote-healing/>



## Reading List

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### [My Appendix to Discussion on page 3 – from my HK 10 Manual 2019](#)

**Scalar Electromagnetics:** Scalar waves, were **originally detected by Maxwell** (1831-1879) who linked electricity and magnetism laying the foundation for modern physics as they form the background to quantum mechanical fluctuations and associated zero-point energies. Scalar wavelengths are considered to be finer than gamma rays or X rays and belong to the subtle gravitational field. Uniquely, they flow in multiple directions at right angles off electromagnetic waves, as an untapped energy source called 'potentials' (particles which are unorganized in hyperspace - pure etheric energy not manifest in the physical world). In comparison, electromagnetic waves (measured by so many hertz or pulses per second exist normally in the physical world.

However, the very fine scalar waves (which he included in his research) were deliberately left out of his work when physics was set up as a discipline at University colleges. Maxwell's scalar waves or potentials were **dismissed as 'mystical'** because they were physically un-manifest and only existed in the 'ethers' and so were determined to be too ineffectual for further study.

**Nicola Tesla accidentally rediscovered them.**

### My Appendix to Discussion on page 3 continued

Tesla found, while experimenting with violently abrupt direct current electrical charges, that a new form of energy (scalar) came through. Tesla, is still not credited in science books for his discovery of scalar waves, a source of 'free-energy' obtainable as a limitless source of power that costs nothing.

Other inventors have sporadically rediscovered 'free-energy' but have been silenced by the oil and gas companies who have harshly crushed any opposition to their own riches. These finer scalar wave-forms have also been discovered periodically by other mathematicians, who have been able to calculate new equations especially in harmonics (used in hyper-dimensional physics) connecting the wavelengths of matter, gravity and light to each other and how all these lock in and create our expression of time (as it manifests in space) - now discovered to be untapped 'potential' energy flowing in hyperspace.

Time flows like a wave-form river in hyperspace in a grid pattern. Consisting of interlocking great circles around the poles and a lattice grid of lines that are 30 nautical miles or 55.5 km apart. The various dimensions each comprise a complex pattern of interlocking wave-forms. Matter has been found to be only one wave of a pulse comprising a positive cycle, while the negative cycle manifests as 'anti-matter'. The 'matter' pulse brings something 'into' physical visibility, then it disappears momentarily and returns. The pulses are so rapid we don't see something as un-manifest while temporarily dematerializing.

Physical time is only measured by the visibility of something's aging process, or in other words its passage through a journey starting at one measured time-reference point to another. Different wave-forms only appear to us as solid because we are comprised of the same matter. If the frequencies governing the time between a matter pulse and an anti-matter pulse are shortened or lengthened with technology, time will go faster or slower in the surrounding space or what it effects. Therefore, scalar waves belong to space-time in which anti-matter or hyperspace exists. Time can be altered by harnessed and directed scalar waves (including magnets which give off scalar waves which bend time) because they disrupt the pulse of matter and anti-matter and therefore the rate at which something normally passes through time with its usual smoothness.

