

Holistic Kinesiology : Helping People Create Their Own Miracles

"I finished my exam and almost scored a distinction," James told me excitedly. For the first time James had been able to concentrate well enough to complete a long exam and his mum, James and I were all thrilled. This may not seem like an amazing achievement for the average ten year old but it was a minor miracle for James as he has Asperger's Syndrome, a type of autism characterised by difficulties with concentration, communication and socialisation.

James' learning difficulties do not stem from a lack of innate ability. His learning was hindered because he was unable to access and use his abilities. A range of factors can stress the human brain and cause the type of learning difficulties that James and many other children suffer, including ADHD. When these factors are addressed their learning improves. Unfortunately, children with learning difficulties often suffer unnecessarily because their parents and teachers assume they lack ability or that they don't put enough effort into their schoolwork.

Humans are naturally curious and want to learn. When they avoid learning it is usually a sign that something is blocking their ability and responsiveness to learning. Holistic Kinesiology aims to find these blocks and remove them. In sessions with James we found his main blocks related to stress left over from childhood illness and vaccinations. When these were found and defused his ability to concentrate and communicate improved markedly and he generally became less difficult to handle and more readily slotted into the social structures at school.

It is difficult for me not to be passionate about Holistic Kinesiology as it turned my family's life around from a major struggle to an absolute joy. Five years ago my wife, Anita, contracted Viral Encephalitis, a serious and potentially life threatening illness where a virus infects the brain. After coming out of hospital Anita was constantly tired and unable to look after our one year old son. She was quiet and withdrawn as both talking and listening were tiring for her and sometimes she was unable to speak at all. She often did not understand what people were saying to her and felt like she was becoming autistic. After 9 months she had a bit more energy but she was still very symptomatic and was still having small fit like episodes when she became too stressed. We were desperate.

It was just about this time that I read a book about kinesiology. We thought it might help and so booked in to see a Holistic Kinesiologist, Christopher Rowe, in Melbourne where we were living at the time. In the first session Anita was asked what her favourite flower was and she replied "yellow", although she was thinking of a white daisy and purple primulas are her favourite flower. This was often the best she was able to articulate. However, after five hours of Holistic Kinesiology Anita was significantly better. The fits had stopped, she could speak more fluently and she could remember things. Today she has fully recovered. For us it was a miracle. It gave us our life back.

After this experience I became so interested in Holistic Kinesiology that I changed from my career as a Chief Economist to work as a Holistic Kinesiologist. It is an amazingly effective modality.

Clients come in and start crying because they can not believe they are free of pain; others laugh as they feel like they are finally getting their life together; others write and say how grateful they are to be free of their chronic fatigue or depression or whatever condition they had.

These results come because of the effectiveness of Holistic Kinesiology itself; not just the attributes of the practitioner. Anyone with the proper training and dedication can achieve the same results.

I am not claiming it is the answer for everyone and every condition. No one type of Natural or Western medicine can claim that. In many cases, particularly with chronic illnesses, a combination of different therapies serves the client best. However, Holistic Kinesiology in my experience is very effective for a wide range of conditions, particularly:

- chronic pain;
- headaches and migraines;
- depression;
- learning difficulties;
- back pain;
- chronic fatigue;
- bed wetting and sleep difficulties;
- asthma;
- blood sugar imbalances;
- relationship difficulties;
- stress and anxiety;
- fears and phobias;
- allergic reactions;
- setting and achieving goals.

So What is Holistic Kinesiology?

Holistic Kinesiology is much more than a unique natural therapies tool. It is a science and profession outstanding in its scope and application. Like all natural therapies, Holistic Kinesiology aims to improve your health and well being by stimulating your body's own healing potential. However, it is a very broad form of complementary medicine as it encompasses many aspects of both Western and Traditional medicine.

- Use is made of aspects of virtually every area of complementary medicine, including acupressure, chiropractic, blood and lymph reflexes, various forms of counselling, homeopathy, traditional Tibetan and Indian medicine, reflexology, and aromatherapy. Practitioners are also trained in the structural, emotional, nutritional, electromagnetic, energetic, metaphysical, physiological, and psycho-spiritual areas of natural holographic health care.

What is unique to kinesiology is the use of manual muscle monitoring feedback to provide understanding and an appropriate solution to the client's issue.

How Does Holistic Kinesiology Work?

If you have used a mouse on a computer you will know that with two buttons and the use of menus you can find out a lot about the computer. Muscle feedback is similar. Holistic Kinesiologists monitor muscles to access the body's computer, the brain, as the muscles are wired to the brain via the nervous system. The muscles act somewhat like the mouse on a computer.

The muscles have been found to relate to specific acupuncture channels, organs and gland systems and certain muscle stress patterns are linked to particular medical conditions. For example, it was discovered that clients who repeatedly had problems with the subscapularis, a muscle under the scapula in the back, often had a heart organ or heart channel related stress. In the case of a heart organ related stress the client may have some physical heart dysfunction or even diagnosed heart disease. In the case of a heart channel stress, an acupoint on the heart channel may need to be balanced or a heart related emotion or issue may need to be addressed and defused.

Muscle feedback is used to find the areas of stress and the causes of imbalance. For example, a practitioner may monitor muscle feedback with the arm in a particular position by applying a small amount of pressure and find that it holds without effort. Then the client is asked to think of possible stressor, such as a particular emotion, or the practitioner may place a possible stressor on the body, such as a type of food, chemical, toxin etc. The stressor that changes muscle function is likely to be relevant to that persons' condition. Homeopathic vials, aromatherapy oils, and flower essences may also be checked with muscle feedback to see if they are relevant to the condition.

This natural feedback process allows a Holistic Kinesiologist to go underneath the conscious or obvious symptoms to isolate the causal factors, often in association with subconscious information held in the structures of the 'bodymind'.

Muscle feedback is then used to guide the practitioner to the priority correction. There are literally hundreds of correction techniques from all areas of complementary medicine. Reflex zones or acupoints may be stimulated to correct an imbalance. For example, neuro-lymphatic reflexes may be rubbed to encourage the body's natural garbage disposal system (lymphatic system) and vascular reflexes held to improve blood flow to specific regions, organs or glands.

The client guides the session through his or her own muscle response. The solution is tailor made for the client by the client's own bodymind. With the energy imbalances corrected, the bodymind can then begin to repair and balance the system on all levels.

Always, the Answer is Somewhere Inside you.

Holistic Kinesiology aims to provide understanding of, and solutions to, the causes of an issue or condition. The answer lies within you. For example, you may suffer from a sore and stiff neck and feel anxious and stressed. Is the stress due to the sore neck or is the sore neck due to stress? It can be either. In one case muscle feedback may prompt the Holistic Kinesiologist to work to defuse the stress causing the sore neck. In another case the practitioner may work on the sore muscles that are causing you stress. The Holistic Kinesiologist would look for factors that are causing the muscles of the neck not to function well. For example, there may be a problem with the tonic neck righting reflexes that tell the brain where the head is positioned. When these reflexes are working properly the muscles of the neck work in unison and will not fatigue and become sore.

Holistic Kinesiology does not diagnose or treat symptoms or conditions; it merely addresses relative underlying stress patterns associated with imbalances in the body's systems.

Once the stress has been corrected the indicator muscles will respond accordingly, confirming a positive change. This change in muscle response anchors the changes into the body giving it conscious positive feedback. This also gives the body more information and better strategies if the same situation occurs again.

The Limits of Holistic Kinesiology

Like all natural therapies Holistic Kinesiology is limited by the body's own ability to self heal. Holistic Kinesiology addresses the causes of the issue and prepares the body-mind to begin the healing process. When a person is truly ready to heal the results can be astounding. Thirty years of back pain gone in 2 to 3 hours of treatment is not unheard of.

For example, I had a client who was able to overcome her bulimia after only a couple of sessions. The secret was not to focus on the symptom, in this case the lack of control over eating, as the primary problem. The real problem was that she felt she had little control over her own life. This lack of control stemmed from a need to please other people rather than follow her own path in life. After five sessions she had a clear sense of her life purpose, had changed her career direction and her way of relating to people. Her friendships also became deeper as she allowed others to see her real self and support her when appropriate.

For some people improvements come more slowly. They need to understand what generated their problem in order to resolve the outstanding issues and progress more rapidly towards healing.

This is where Holistic Kinesiology has a great advantage because it can provide a wealth of information about what is causing their problem - dramatically speeding up the process of real healing.

Curing without healing is a triumph; healing which may entail curing is a necessity.

Clients often have subconscious beliefs that limit their ability to heal. A great many of these beliefs are set from an early age when they seemed an appropriate response to what was happening at the time.

One client of mine had a fear of change. As a four year old boy he felt 'I do not want things to change' when his dad left the family. That thought at such a crucial moment in his life seems to have created a pattern that he has followed for most of his life. He subconsciously avoided

change wherever possible, fearing the hurt that comes with change. For this client to embrace change in his life the stress from this initial incident had to be identified and cleared first.

Clients gain important insights into their life story as they process the impact of important events and the factors behind choices and decisions. This is a very empowering process that can often be far more important to the client than the initial issue that they wanted addressed.

Holistic Kinesiology often provides astounding results because these insights are gained by the client at the same time that other aspects of the bodymind are being stimulated by specific stimuli, stress reduction and integration techniques.

Depression Holistic Kinesiology Case Study

Thomas, a 34 year old tradesperson, had become depressed and suicidal over a number of months. His condition had become serious by the time I saw him in clinic for the first time. He was already well into planning how he was going to die.

I have found depression to be a multifaceted condition with four main contributing factors:

- The client feels lost, as if they have no purpose in life and that they are, or their life is, out of control;
- Hormones are out of balance, particularly serotonin and dopamine;
- Cranial structures are out of balance, particularly the Sphenoid bone (a crucial bone in the centre of the skull);
- Blood sugar regulation is out of balance, with the client often suffering wild swings in blood sugar - causing cravings for sweets, sugar, and chips etc followed by tiredness and depression after they are digested.

In the first hour of our session muscle feedback suggested his problems lay with his cranial structure and blood sugar regulation. We then spent time finding his true life purpose and discussed ways of incorporating more of that purpose into his daily life.

After three hours of treatment he felt immensely better and he has not felt depressed since (more than a year ago).

Origins and History of Holistic Kinesiology

Kinetics is the study of movement and Kinesiology was originally used as a term to study the movement dynamics of the human body. Many health professionals have studied body dynamics.

In the early 1960's a Chiropractor named George Goodheart formed the science of Applied Kinesiology, now practised by many chiropractors around the world. This was a marriage of eastern energy principles, muscle feedback and Western developments in structural and reflex sciences to monitor the body's response to various stimuli.

Dr. John Thie, an American chiropractor, created Touch For Health a kinesiology system for lay people based on Applied Kinesiology research. This system was soon taught throughout the world to improve health and well being in the community. Many forms of Kinesiology have developed from there, and so Kinesiology became the generic term for this natural therapy. These streams are mainly taught in weekend workshops and are available for anyone with a general interest in health and wellbeing.

As more and more people studied Kinesiology many wanted to pursue it as a full time career. Holistic Kinesiology developed as a result of this demand for an integrated and professional career training. Holistic Kinesiology training combines specialised forms of Kinesiology with Anatomy & Physiology, Nutrition, Communication Studies, Counselling skills, Energetic Sciences, Business and Practice Management training. Students have the option to complete a Degree in Health Sciences majoring in Holistic Kinesiology. There are holistic Kinesiologists working in the community throughout Australia.

Conclusion

Holistic Kinesiology helps people gain wisdom about themselves and their lives, often producing miraculous changes in health and well being.

Each session is tailor made for the individual by feedback from their own body which is targeted at resolving the clients specific condition. This makes Holistic Kinesiology a very potent natural therapy for a broad range of conditions.

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