



Issue 10, Winter 2019

KinesioGeek Magazine

Gait Testing for Humans and Horses

**Intention, Goal Setting
and the Animals that
Guide Us**

A Calendar of Care

**Working with Kinesiology with
Dogs, Hoses, Chickens, etc**

**Energic Healing for Furry
Friends with Niki Senior**

**Neural Organizational
Technique**

Kinesiology Creatures



"You can only keep what you give away"

Dr. George Goodheart

I am hungry for useful knowledge. It does not really matter who invented what: if it is useful knowledge, I want it in my kinesiology practice. I want theory that is solid and that includes all the most recent research and ideas; I want a model through which I can interpret the reality and get to the core of the issues at hand; I want techniques that can help me solve my clients' problems in a more efficient way.

I searched in the kinesiology world and what I found was often disappointing. The same technique called different names; different schools that make me start over again because different systems do not complement with each other; the exact same concept referred to in many different ways; and good improvements that cannot be made public because of secrecy and competition. It is messy and challenging (and a waste of resources): I want the knowledge, but it is often impossible to know if a course or a technique is really what it looks like from the outside.

When I began sharing these ideas in the kinesiology world, I just discovered I am not alone. Many people in kinesiology feel the same way: they want knowledge; they want integration; they want cooperation. They are ready to put their resources together so that scientific studies in kinesiology might become possible and bring this awesome methodology a step closer to the mainstream.

I started to breathe deeply again: if so many people really want the change, a real change is possible!

From anger and disappointment to belief... It is a very nice feeling! Now the challenge: how can I really make the difference to bring change closer? The answer came very easily: Knowlative is the answer.

A single system where knowledge is at my fingertips. A system where I can add my information and watch it spread in the kinesiology community. A system that is going to link me with my peers in many different ways. Real change is possible. What are you waiting for?

www.knowlative.com



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Proudly brought to you by
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Cover art is titled: Maki-e Neu-
rons and is part of a show
called SelfReflected by Greg A.
Dunn. See p. 14 For more in-
formation!



I'll never forget the first time I balanced a chicken. I mean, I had worked on my dog before, of course, but chickens? Many of us find ourselves taking kinesiology classes when we have children with health problems that are going unresolved by allopathic medicine. In the same way that these skills can be invaluable when you have a sick child, I know that many kinesiology practitioners have found these skills helpful when animals have been sick, are recovering from surgery, are giving birth, etc.

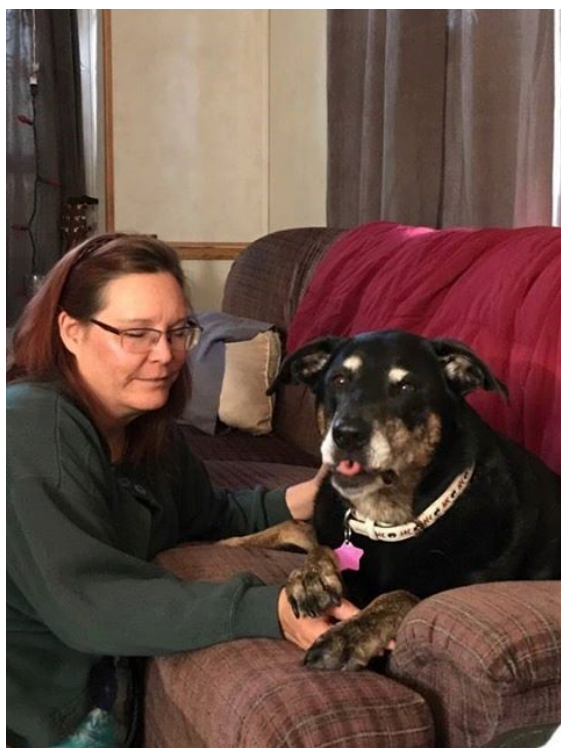
Whether you are working with animals exclusively or just want to be able to help Fluffy when she's feeling unwell, we can all benefit from learning more about working with animals. Because of the nature of animal work, it requires us to be comfortable working with a surrogate, and working without getting information about the problem verbally. This can actually help prove the efficacy of our work—when your sessions have a demonstrable effect without them able to tell you what's wrong and with no possible placebo effect to influence the results.

In this issue, I speak with Niki Senior, author of a new book about working with animals about her experiences. We learn about animal symbols in Tai Chi, gait testing, N.O.T as a modality, and many firsthand accounts of working with animals to great success. Thanks for reading!

We're all in this together!

Alexis Costello

Your Turn: sharing who you are



Examples of practitioners working with animals:

Top left: Ezra Costello with an injured bird

Bottom left: Alison Zeidler and dog

Bottom right: Alexis Costello and goat



Energy Healing for Furry Friends

By Alexis Costello

Niki Senior is the founder of Animal Magic Training and author of the brand new book: [*Animal Healing – Holistic Hands-on Techniques*](#) by international publishers Llewellyn Worldwide, due for print publication in the USA on 8th December 2018 and January in the UK. We met online to talk about energetic healing for animals, the book and one angry cockerel. [Click here to watch the entire interview on YouTube.](#)

A: How do you normally describe what you do?

N: I'm an energetic therapist and healer working with animals. I do many forms of energetic work, taking care of their inner health and well-being through herbal medicine as well.

A: Can you tell us a little bit about your background in the alternative health world?

N: It started when I was about three years-old. I started to experience different levels of energy work. I didn't know what it was, and my parents didn't know what it was, but I grew up with it. I'm an only child and I pestered my parents to get me a cat. Sadly, the cat that my dad came home from work with was semi-feral – we noticed after a couple of weeks that he wasn't really responding, and he was hiding from myself and my parents. I managed to coax him out and got him to be a little more friendly, but I noticed he had a hard ball in his stomach. I was seven at this time. We took him to the vet and the vet diagnosed a renal tumor sadly. My dad explained what this meant and that we would probably have to make the decision to have him put to sleep. The vet said to bring him back in six weeks time. We took him back to the vet and the tumor had disappeared. Now, in this time I had been doing energetic healing work; I'd been sitting with Timmy every day on my lap just channeling energy. I can't explain what I felt then or where it came from; all I knew was that Timmy was responding very well. Now, I'm not that egotistical to say that it was anything that I did that shrunk the tumor, but the vet was absolutely astounded, and bearing in mind this was 1977 at the time, so veterinary medicine was not what it is now. But you could see on the X-rays that the tumor was there and then it had disappeared. That was a really eye-opening experience and my first experience of giving healing to an animal.

A: So that was when you were seven, and you had no training, you were just intuitively sending love...

N: That's right. And Timmy actually passed away another eleven years after that, he died of old age.

A: Fast forward to a few years later, I know you do have a background in kinesiology work?



N: Yes, I graduated in a number of health therapy modalities 'round about '96, '97 because I was doing a psychology degree and when I had six months left to go on a nearly 5-year course, I had a stroke. It was the date of my first wedding anniversary and it turned my life around. I didn't know whether I wanted to go back to my psychology degree or whether I wanted to totally change my life. I had refused all orthodox medicine and had looked into complementary methods to get back to full health. I decided to finish my degree in psychology but not practice, rather I would practice complementary therapies. So I finished with kinesiology, reflexology, body massage, etc. and then I went on to teach those modalities.

A: So let's talk about that shift then, because I'm guessing that when you were studying these techniques, the intention was to work on humans. How do you go about working with animals? Do you have to adapt energetic techniques for animals, or do you find that it is the same as working with people?

N: It's vastly different! Humans are far more complex creatures. They have preconceived ideas about how a treatment is going to work and how it's going to get them back to full health – animals don't have any preconceived ideas, so we have to read them a lot more than we do a human body. Animals present themselves in a different way. We can read between the lines with humans. With animals we are reading their energy and body language and it's totally different how we apply the modalities. Working with animals in England is highly regulated and we've got a law in place which is a 1966 veterinary protection act which prohibits lots of therapists from practicing with animals. It's good because it stops lots of people who are practicing quackery, but in another way, it makes it harder when a certain form of simple healing could be as effective as veterinary medicine.

A: Tell me a little bit about your new book – what inspired it and how did it come to be?

N: I started writing the book about 7 or 8 years ago and it took me a long time. I used to take a lot of notes and I have about 12 different journals because I've worked with hundreds of animals over the years. So I drew on the experience and I thought, people might like to read and figure out how to help their animals more. So while it draws on my experience it is also very much a 'How To' book; how you can heal or begin to initiate healing with your own animal. It is meant to work alongside orthodox medicine as well. It took a number of years and from pitch to publication it took another 2 and a half years, but fortunately the first publisher my agent approached accepted it.



A: So this is actually helping the reader to be able to use some of these techniques, in their own life, with their own fuzzy best friends.

N: Yes, that's exactly what it is.

A: Tell us one of your craziest stories working with animals!

N: Well I have quite a few! One that stays in my mind was a cockerel who was so aggressive, he'd actually killed four of the flock he was in. Cockerels really do get a bit of bad press and they're not all that aggressive 99% of the time, but he was extremely aggressive. He would attack anybody; he had attacked the owner's two grandchildren and the postman – the postman refused to deliver letters because one day he found the cockerel on his back where he had begun pecking his neck! So I thought, crikey, I've got my work cut out for me. When I went to the home (of the bird) I sort of sat down and the guy who owned the bird said, "I wouldn't sit down, don't risk your life!" but I sat down anyway. The cockerel was intrigued he started circling me, he settled on my arm and was tearing at me and I thought, crikey, I want to end up with my eyes intact! I don't want them to be pecked. So I sort of raised myself up gradually and he sort of sunk to the floor and just looked up at me and I thought; we've made some sort of connection. We ushered him into his run on his own and I worked on him distantly. By the end of the session, which was about 50-55 minutes, he was pressed up against the side of the pen of the mesh against my hand. And that took, just the 50 minutes. I see him now because I treat their pony and every time he sees me he runs up to me and flaps his wings and it's almost as if we have a cuddle. We understand each other. And he's not aggressive anymore. The postman actually just comes through the gate now, whereas before he was just leaving the letters in a hole in the hedge.

UPCOMING 2019 CLASSES

Alexis Costello



TFH SYNTHESIS

Feb. 5-12, Platinillo, Costa Rica



GEMS FLOW AND BUSINESS

Feb. 23 & 24, Tinamaste, Costa Rica and Online via Zoom



SIPS LEVELS 5 & 6

March 3-8, Springfield, MO



SIPS LEVELS 5 & 6

April 4-9, Moscow, Russia



SIPS LEVEL 1

April 15-17, Oxford, United Kingdom, following KF Conference

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FOR MORE INFORMATION ABOUT
ALL CLASSES**

A: When you say that you are working distantly on the bird; what techniques are you using with that?

N: I work with a technique that I developed over the last 20 odd years. It works with colours and it works with different channels depending on whether the animal is suffering emotional, behavioral or physical issues. In terms of the cockerel I was working with, I was basically working with the root chakra because that is where all dominance and aggressive tendencies are formed. So I worked to release any blockages or any tension that might be in the root chakra. I used both of my hands to channel the energy all of the way through his body and then a release at the base chakra.

A: What misconceptions about working with animals do you see in our field that you would like to clear up if you had an opportunity to?

N: I think the main one is that people leave (this kind of) healing as a last resort after all orthodox medicine has failed, and then they come to healers expecting us to be a miracle cure at the end of the day. When, in fact, healing works to balance the body so the animal can stave off illness and you turn on a self-healing mechanism within the animal, so it's sad that people leave healing as the last resort.

We're not miracle cures. We've all got time on this earth and we're all part of the cycle of death, birth, rebirth, so we're never going to stop animals from passing on when their time is ended. But that's one of the misconceptions that we have. I'm just an ordinary person, and I really don't like it when people say, "Oh you have a gift". We all have that gift – it's built within us from our ancestors. They didn't have the modern medicine that we have today, so they worked with plants, they observed the seasons, they worked with nature to bring about healing and healers do that today. It's nothing special, we're all capable of doing it if we open our hearts and our minds to recognize what we can do and what we are capable of achieving with both animals and humans.

A: I completely agree with you because we get a lot of that. There's an Andrew Weil quote that I like where he says that a healer is someone who was sick and got better and a great healer is someone who was sick and got better quickly. We are our own healer; and I can come over and offer you knowledge or insight or remove stress, but in the end it's up to you, not me.

"But any block that an animal has will nearly always come from their human, because animals are very good at mirroring what a human is actually feeling."

www.animalmagictraining.com

N: Exactly – you can't heal someone else if they're not willing to be healed or willing to be part of the process. You can give them the tools and then it's up to them how they use those tools. People say to me, "having a stroke (and I was only 25 at the time), that must have been so disturbing." It was the most frightening time of my life – I didn't know if I was going to live or if I was going to die. But it was the best thing that ever happened to me because it enabled me to be where I am today. I turned myself around with my own self-healing; it was enlightening and a wake-up call for me. It moved me forward.

A: Do you find that animals in general are very receptive to the work or do they have blocks against it as people sometimes do?

N: They are very receptive towards healing. Often you will get animals who don't know what the energy is and don't understand it, so they will move away and it might take two or three sessions before you can have a breakthrough. But any block that an animal has will nearly always come from their human, because animals are very good at mirroring what a human is actually feeling. They take on board the energy that the human may be emanating during the session; so if I get a nervous person who has brought their dog to me, and they're twitching, the dog can pick up on that and the dog may not be as relaxed as they would be if the human wasn't there. There's a lot of mirroring going on. For instance, if I go out to see an animal that has some sort of skittish behavior, I'll look at the human and how they are behaving and generally the animal is imitating them. There's always that connection there.

A: Any books, courses or resources (other than your own) that you would recommend for practitioners who want to learn more?

N: I can't really recommend any courses but there are lots of books out there. When people contact me in the first place they will ask, "what course do you recommend?" It depends what you are interested in because healing is multifaceted. There are lots of multifaceted levels, even within energetic work; you have chakras, spiritual healing, reiki, there are all these different avenues that will turn one person on and another off. Others want a more direct source and they are drawn to herbal remedies or Bach Flower Remedies – it depends. Whatever facet you are interested in, there are books out there. Have a look on the net and find out what works for you. But I think that if we can look at what we need, this often helps our animals as well. So, how do we need healing? Our animals will take to that as well.

Don't think that being a healer is for the 'gifted', anyone can do it. With an open mind and an open heart and the belief that you can make a difference to the animal, the human, the plant kingdom. We have the ability to heal, it's just pulling it up and recognizing it.

Turn to p.37 for a technique to deepen connection with your animal.





By Michelle Greenwell

In the SK world we have the fortune of using our techniques to help our animal friends. There are many horse whisperers and animal healers who have honed a craft of techniques that help our furry and feathered friends to keep their energy systems balanced. We also have charts and diagrams that support the knowledge of their Primo vascular systems (meridians) and support balancing the flow of energy through the 5 Elements. But, what about the power of the animals that surround us and support us?

As both an avid SK enthusiast and researcher, I am also an avid Tai Chi instructor and enthusiast. Over the last few years I have been studying the intention behind the named moves in Tai Chi.

All the moves have an origin that is associated with animals. It is believed that when Tai Chi was first created and brought forth as a martial art and a healing tool, the animals were studied for their essence, movement patterns, and spirit. Unfortunately, as the practice of Tai Chi was handed down from one generation to the next, it was an oral tradition and there is only speculation that can be brought to a practice that is several thousand years old. However, based on the mythology and symbolism of the stories that are recorded, one can deduce the flow of storytelling that weaves through the specially created movements. What does this have to do with SK?

Two areas that I have enjoyed linking are the muscles, meridians, elements, and 5 Element cycles, as well as the balance of yin and yang.

It is where these two passions collide in knowledge that I enjoy finding the way forward with the valuable knowledge of both. As part of my studies in Complementary and Alternative Medicine using Energy Kinesiology in the Master's program at Akamai University, I have linked the muscle-meridian-element knowledge to the movement patterns of Tai Chi and the flow of patterns created in a set. And, with this depth of knowledge I have also explored the essences of the animal movements and the intentions created within the Tai Chi set. This is a part of my Qi YINtegration program with the 5 Element Set with Sound and Color.

"Symbolism has the virtue of containing within a few conventional lines the wisdom of the ages and the dreams of a race. It kindles our imagination and leads us to realms of wordless thought." – Lin Yu-tang

One of the delights of using the animals and their wisdom as we are guided through the moving meditation is the lack of words. The essence of the animal, the movement itself and the transformation from illness to health through letting go and opening. For example, the movement "Step back and Repulse Monkey" is a representation of our human nature to be full of monkey thoughts or temptations and distractions with living a life exploring all that crosses our path, (Geddes, 1995, p. 57). When we "repulse the monkey" we are releasing the need to let those monkey thoughts consume us and our actions away from health and wellness. The movement itself I have linked to the Metal Element and the aspects of movement that coordinate the Anterior Serratus, Coracobrachialis, Deltoids, Diaphragm, Fascia Lata, Hamstrings and Quadratus Lumborum.

We also use the colors Grey, White and Silver and the sound "ssss" to enhance the frequency of the movement. Link in the emotions of Guilt, Grief and Regret and one can quickly picture the kind of release that can come from such a movement sequence. I have combined this with "Brush Knees" going forward which represent finding the straight line going forward. This movement I have linked with the Water Element and the muscles of Peroneus, Sacrospinalis, Tibials, Psoas, Upper Trapezius and Iliacus, the color Blue and the sound "Choo". An exercise that puts these two movements together creates a release and a flow that brings a calmness to the mind and the opportunity to step forward with a clear head and an eye on the vision of success.

"Holding the horse at the cliff" in the Lok Hup Ba Fa set (another set found in Tai Chi) is a movement that occurs several times in the set. This involves "cultivating stillness and dissolving the destructive emotions," (Wong, 1980). Each time you move through this motion the emotions are examined and calmed so that they cannot take over a situation and destroy us or relationships. Later in the set the movement is "Angry horse turns head around," representing the abandoning of the wild ways and focus on returning to the Tao or stillness. The Green Dragon is matched with the White Tiger resolving the balance of male and female with the opening of the Third eye or Upper Dan Tien. The Green Dragon is also symbolic of the movement of vital energy within the liver. Taoist texts explore the 5 Viscera, the 5 Colors, the 5 Directions, the 5 Elements, the 5 Emperors and the 5 Dragons, (Wong, 1980, p. 8). The "Raccoon jumps at the Butterfly" is the lightness created by the racoon to achieve transformation. As the butterfly represents the transition from worm to cocoon to insect, our spirit has the same opportunity to make advances in a rapid motion to take us forward in a new light. "White stork spreads wings" is the clarity of thought that comes from opening up and extending a reach beyond where one has gone be-

fore, its pattern of lifting the hands up and down creates a link with the heaven and earth to open up illumination or guidance with insight.

The value of being trained in both SK and in Tai Chi is the lovely relationship of muscle testing to see where the body, mind and spirit would like to be guided, and choosing movement patterns and animal essences that will support that exploration. I have a checklist of possible movements that can be assessed, and based on the goals of a session, a plan can be created that may include parts of a set, or the whole set. If I am doing a 14 muscle balance or a different balance protocol, it is imperative to find the movement patterns that will support the shifts created and bring a harmony to the physical body, the mind and the spirit that links them through the movements. I will also muscle test to determine how many repetitions of a pattern is required. Often there will be a disconnect of coordination going through the patterns, but on the last repetition there will be a linking of all the aspects of the movement into a pattern that creates “no effort”. This is when the process of the balance is truly complete.

Michelle Greenwell is a dancer, educator, researcher, author, Tai Chi enthusiast, and a Specialized Kinesiology nut! She is currently involved with Healthy Dancer Canada's 10th Anniversary Conference by creating conversations between Specialized Kinesiology tools and dance protocols to change the way that dancers, educators, therapists and researchers begin to look at dance training and outcomes. CanASK is a gold sponsor of the Conference along with Atlantic Therapeutic Touch Network, and together they are sharing the weekend offering mini session to conference attendees and opening up conversations about SK.



www.touchforhealth.us



A Calendar of Care

Claire Cutler-Casey CKRP

I decided to produce daily well being advent windows (the following double-page spread) to encourage people to take a moment out for themselves, in the busy run up to Christmas day, to help them preserve a little energy and sanity for the day itself, rather than running themselves completely ragged and collapsing in a heap on the floor.

I have received some lovely feedback from people and, I hope, they helped people to find a little peace and calm in this very busy time.

Blog: clairecutlercasey.wordpress.com

Email me: Bizvits@gmail.com

Text or call me: 07541 320113



A 14 Muscle Dances for Children

Michelle B Waines Greenwell

Reach a younger audience with the 14 Muscle Dance for Children. Michelle has introduced different shapes, characters and imagination through the book to help little ones to remember the moves and the order.

Explanations of the Element, Meridian, Muscle and movement are described at the bottom of the pages.

If you are looking for more ideas about dancing your way to health and wellness, check out the website where the ebook is located: www.dancedebut.com.

A hardcopy of the book can be found at: www.blurb.com



Well Being Advent Day 1

Breathe In

Breathe naturally for one minute, focusing on each in breath, feel tension flow away

Claire Cutler-Casey CKRP

Well being advent day 2

Breathe out

Breathe naturally for one minute
focus on each out breath
feel calm fill your body

Claire Cutler-Casey CKRP




Well being advent Day 3

Release

pull your shoulders high up to your ears
count to 5 then drop with a big exhale
feel the relief of release

Claire Cutler-Casey CKRP



Well being advent day 4

Silence

Hold your cupped hands over your ears for one minute and breathe
Discover the healing power of silence

Claire Cutler-Casey CKRP



Well being advent day 5

Stretch

take a moment
take a full body stretch
take back control

Claire Cutler-Casey CKRP



Well being advent day 6

Fold

Sit on a stable chair, feet on the floor
Exhale & fold forward as far as is comfortable
Inhale & relax into the fold
Hold for one minute, breathing naturally

Claire Cutler-Casey CKRP



Wellbeing Advent Day 7

Look around

Rotate your head
as far to the left as you can
then as far to the right as you can
repeat 3 times

Claire Cutler-Casey CKRP



Well being advent day 8

Lift your chin
drop head back
Breathe deeply
Release, repeat 3 times

Claire Cutler-Casey CKRP



Well Being Advent Day 9

Spend one minute
looking out of
the window

How many different
things can you
name

Claire Cutler-Casey CKRP



Well being advent day 10

Drink a
500ml
glass of
water

Claire Cutler-Casey CKRP



Well being advent day 11

**When you change
the things you
look at,
the things you
look at, change**

Claire Cutler-Casey CKRP



Well being advent day 12

Stand with feet hip
width apart,
keep knees soft,
rotate hips in
anti-clockwise
circles for one
minute

Claire Cutler-Casey CKRP

Well being advent day 13

Sit in a chair
and rotate
each ankle
for one
minute

Claire Cutler-Casey CKRP

Well being advent day 14

screw fingers
into a tight fist
then extend out
as far as
possible
repeat 5 times

Claire Cutler-Casey CKRP

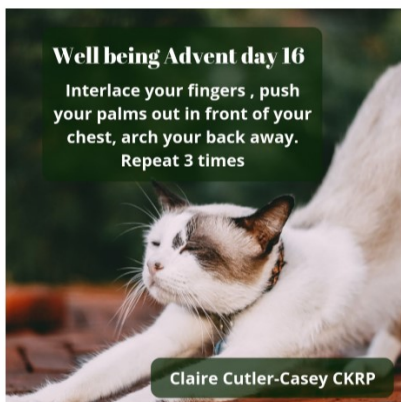
Well being advent day 15

screw your
face up as
tight as you
can and then
let all the
muscles relax

Claire Cutler-Casey CKRP

Well being Advent day 16

Interlace your fingers , push
your palms out in front of your
chest, arch your back away.
Repeat 3 times



Claire Cutler-Casey CKRP

Well being advent day 17

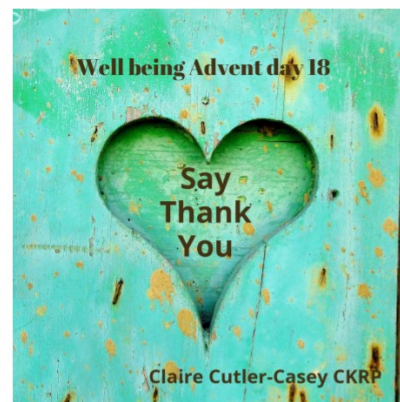
Stop and smell the roses
With all the festive aromas
around take a moment to
inhale and enjoy



Claire Cutler-Casey CKRP

Well being Advent day 18

Say
Thank
You



Claire Cutler-Casey CKRP

Well being Advent day 19

Place fingertips against your skull
move in small circular movements
applying slight pressure



Claire Cutler-Casey CKRP

Well being advent day 20

Keeping your head straight
move your eyes to look
left, right, up & down
Repeat 5 times



Claire Cutler-Casey CKRP

Well Being Advent day 21

Place a lit candle
at least arms
length away and
stare at the flame
for one minute



Claire Cutler-Casey CKRP

Well being advent Day 22

Sing like
no-one is
listening
Put on your
favourite
track and
sing along



Claire Cutler-Casey CKRP

Well being Advent Day 23

Find a comfortable seated
or lying position
point and flex each foot
stretch out the
calf and foot muscles
repeat 5 times



Claire Cutler-Casey CKRP

Well being Advent Day 24

Smile
you made it



Claire Cutler-Casey CKRP



The “G” Note Worked

By Sylvia Marina

I was the little girl who took the orphan lambs to bed with me – I figured they needed to feel warmth and to hear a heartbeat.

In 1984 I was new at Touch For Health; Dorothy Mills asked me to work magic with her horses but I was unsure. The only experience I had with horses was old Neddy the Clydesdale who was living out his retirement on our small farm in the south of New Zealand.

I thought TFH surrogating would be the answer and quickly learnt that Dorothy’s equine did not want helpers. They are clever animals at playing mind games and I soon learnt that working with a human surrogate brought out horse-humour, Some horse’s loved the extra attention (of a surrogate being present) and others resented an extra person.

When I develop a trust with horse they will let me put my shoulder into their fore flank – from that position I could accurately self surrogate – something interesting happened – I would speak to the animal (I don’t do silent muscle monitoring) – checking the meridian relating to name of organ and system, the animal will indicate or not, with a flick of their muscle to my shoulder – if what I’m checking has pain, additionally they would move or stamp their foot.

Initially I had no pictures of the placement of horse meridians, NL or NV or acupressure points – this was before Dr. Google was available. From that time my clinic notes would read – “horse needs to be moved from stall #4 to stall #8 – I discovered from the owner that since they moved him to his “new home” he had not been happy! Before moving horse needed feet washed in warm water and Epsom salts. Ongoing support: Molasses with the morning feed.”

Similarly, once a client who heard of my work with the horses brought me his two poodle dogs... Someone else called about a Burmese Cat... I am not a veterinary doctor, I am an intuitive, a Kinesiologist with a professional background in Orthomolecular Medicine and Behavioural Science.

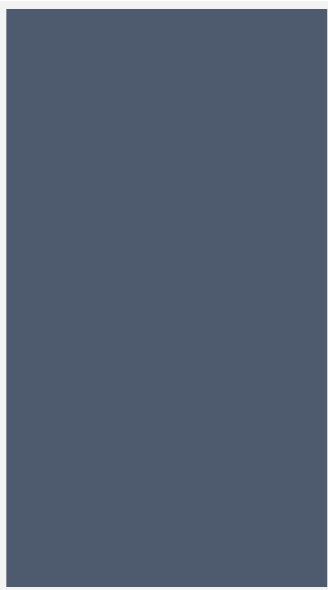
I love animals BUT...working with animals took longer than working with humans – I rarely work with animals now as my work is dedicated to ancestral trauma healing so you experience more love and joy. I decide to share the experience, there is a place in society for VK veterinary kinesiologist.

A farmer requested I examine a herd of cattle – I discovered they had an infestation of gut parasites – the disruptor to the infestation cycle was the “G” sound note. The note of “G” is a dominant harmonic, this sound vibration holds all in place until there is a resolution. Ongoing Support: Three times a day the “G” sound note was resonated over the herd, pasture and water-well for two moon cycles.

I’m the little girl who comforted the orphaned lambs – and before I sign off I want to say... three of the four animal owners I mention here went on to study Touch For Health kinesiology.

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Have you ever wondered ***What Time of Day it is, Really?!*** Now with a quick glance you can see which **Element** is at its Peak, and which **Meridian** is the center of focus.

The Time of Day Clock

Dance with the Five Elements

With a pilot project in June of this year, a selection of dancers and parents participated in a 4 week program centered around the music used to create the art pieces, movements that integrated the 42 muscles, 14 meridians and 5 elements, as well as bringing the paintings onto the dance floor in different combinations. Our results were astounding. By placing different paintings in the center of the floor and choosing movement patterns that felt right for the music, each painting created a different

dance as well as a different way of hearing the music. Yes, you read right – even listening to the music with different colors present changed the way we were listening. Our movements responded to this process and the dance moves completely changed as well. More interesting was what happened when we combined several elements together. For example, when we danced to the Metal Element using a musical selection called “Follow the Sun” by Xavier Rudd, the dancers picked out the hard beats in the music and moved in a robotic fashion. We talked about the elements and wondered what would happen if we added the Fire Element next to the Metal Element with the same music. The dancers tuned in to the softer melody of the music and began to dance in a more lyrical way. All of this was of their own interpretation, but everyone reacted the same way. It was amazing. An eight year old in the group described the first experience as hard and cold, and felt that when the red painting was added that everything seemed to soften by being together. This was her expression of the experience with no knowledge of the Elements or what they mean. She didn’t know that Fire could melt Metal, but she could feel it!

The Time of Day clock created by Emily has taken a portion of the paintings from each Element and combined it into the 24 hour clock. The Elements and the Meridians are identified by color and label. The intention of each painting is represented in each square so that anyone tuning into the clock can have a similar experience while focusing on the time of day. If you use the Time of Day balance from Touch for Health, it is with a quick glance that you can know which system you need to focus on for making changes to the system. In a classroom the Time of Day wheel is easily represented through the clock and builds a reminder of the order and the flow. This is great for Level 1 and 2 students in Touch for Health.

The Five Element Feet were created to bring the paintings into a focus for standing on. With several goal setting foot maps created over the years, and the desire of the dancers to stand on each painting, I had to respond with some meaningful ways of bringing the power of the paintings to our activities. The paintings can be printed on canvas, sheets, duvets or pillows to bring the power into a useful means of exploring their power. In addition, each element was transferred into foot patterns to create a Five Element Wheel, our topic of discovery for Level 2-4 Touch for Health students and beyond. With this Star creation students can follow the flow of the elements for both the Ko and Shen cycles, as well as stand in the spaces they need for supporting the body while doing a Color Balance. The power of this symbol can be added to mugs, bags, books, t-shirts and more. There is even a sticker and a postcard that can share the energy.

Bringing the textbooks to life for Specialized Kinesiology provides more meaning to the use of the techniques in our every day. For dancers and athletes who want a simple way to energize and support the body, adding some infused color to the program can change everything. Have a look at the project, check out the products that might help you with your balancing, and enjoy the wonderful richness that happens when collaborating talents get together.

You can find it and other items for the Elements at:

<https://www.redbubble.com/people/grnz>

Click on “Energy World”, and scroll down to “clocks”

Energy Kinesiology and an Injured Horse

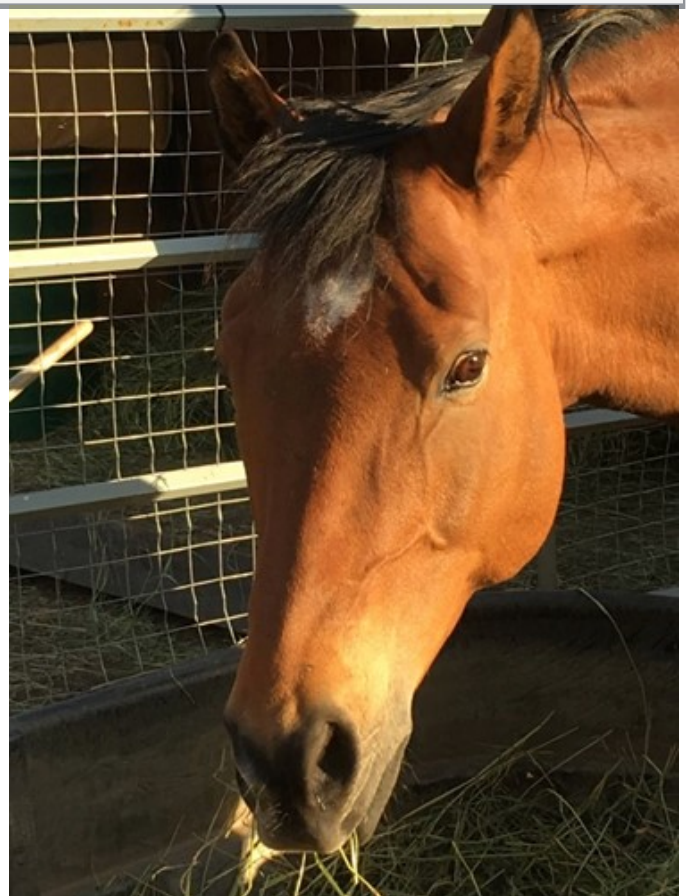
By Alison Zeidler

In October, my friend's horse, Tyson (pictured here), had a small nose bleed and was scoped by the veterinarian who found a small bleed in his guttural pouch. He was put on a course of antibiotics for a (probably) bacterial infection.

A couple of days later, while haltered and with his owner outside of the barn, Tyson had a very violent seizure, throwing himself up and over on his back twice and hitting his head on the side of the barn. He fractured his nasal bones on the left side of his face, and his whole head and both eyes were badly swollen.

Tyson was put on painkillers and anti-inflammatories, but he was unable to lie down. Tyson was understandably aloof and would not let the other horses near him, but he was eating and drinking. However, his personality had altered and he had lost the strong connection he had with his owner. Tyson would not allow his owner to touch him anywhere on his neck or head, and would barely tolerate her touching him anywhere else. He was a very different horse after the seizure.

About 3 weeks after the seizure, I did a couple of distance sessions with Tyson. Using Touch for Health and Energy Kinesiology, I found a number of emotions that needed releasing, including anger, shock, defensiveness and conflict. From an energetic perspective, there was a grey haze around him, as if he was hidden behind a wall of smoke and he felt



“foggy”. Using Quantum Touch[®] Energy Healing techniques, I focused on sending love and healing.

The night after our second distance session, Tyson's owner called me and told me that she had decided to just go and hang out with him while he was eating. Chores were done and she could just be with him. After softly talking to him, and slowly rubbing his back and rump, he seemed fairly relaxed, so she continued slowly petting

him toward his neck.

He remained calm, so she began rubbing his neck, and was able to softly touch his jaw and face, which she hadn't been able to touch in 3 weeks. At this point, Tyson made this amazing sound like a sigh, only deeper and longer, almost a cross between a groan and sigh. For those readers who may not be familiar with horses, they can release stress, anxiety and emotions by sighing, licking and chewing, and this was a huge release!

Tyson's owner was thrilled: "I'm so excited my heart is bursting".

Over the next couple of weeks, we were able to arrange for a couple of in-person sessions. Tyson allowed me to touch his face and his jaw, and I continued using the Quantum Touch Energy Healing and a number of Specialized Kinesiology techniques.

At one in-person session, Tyson wasn't overly interested in me touching his forehead the first session, so I used his owner as a surrogate and we worked with the ESR points (Emotional Stress Release Points).

When we undergo a trauma, that stress seems to imprint on our system and we frequently hold onto that trauma, from a physical, mental, emotional and energetic perspective.



This is true of both people and animals. By holding the ESR points (located on the forehead), and verbally talking through the traumatic event of the seizure that Tyson experienced, we were able to re-balance his emotions and the emotional impact of the memory of his trauma.

Using the owner's Anterior Deltoid as an Indicator Muscle, I found that Tyson's Liver Meridian was over-energized. As soon as I touched his left Liver Alarm Point, and while holding the Ki27 acupressure point at the same time, Tyson immediately went into a very

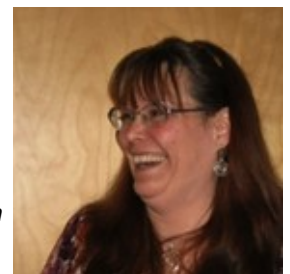


deep relaxation. His eyes almost completely closed and he entered this state of profound stillness as if he had gone "within". After about a minute, he returned to himself, licking and chewing, and shaking his head as more releases occurred.

While Tyson certainly has more healing to do, he now allows his owner to put the halter on and touch his face. He is more present with his owner and wants to be with her. Every day, Tyson and his owner reconnect and she is beginning to see the horse he was before the seizure.

Working with horses, with any animal, is so rewarding. They are honest and true, and I love the immediacy of how they show us what they need. I am very grateful and honoured to be a part of Tyson's healing journey.

Alison Zeidler lives in Whitehorse, Yukon (Canada), and founded Elemental Holistic Therapies in 2009. She combines her intuitive skills, and her training to help both her animal and human clients. She is a Muscle Tuner™ Specialist, a Quantum Touch Instructor^R, a Registered Canadian Reflexology Therapist™, a Touch for Health™ practitioner (IKC Assessed), and a Certified Advanced Equine Massage Therapist. She offers distance and in-person sessions. Check her at <http://www.healingforyourpets.com/> and www.alisonzeidler.com





Animal Success Stories in Kinesiology

By Ruth Generke

I didn't set out to be an Animal Kinesiologist, I was an Animal Massage Therapist and I was content with that. My hubby on the other hand, bugged, ahem, encouraged me to give it a shot. So, I started out with my dogs and they seemed to just feel better, be spunkier and more alert. Friends and people, I met would ask if massage would help with this issue or that and I found myself often responding with "Massage won't but Kinesiology probably will." Thus, started my journey into Kinesiology with animals. Here are some of my favorite stories to date.

Meet Butters, a Pitbull Beagle Mix with a midnight potty problem. It didn't seem to matter how late Butters' humans took him out they would still find a puddle by the back door in the morning. He never had a problem during the day, just at night. His humans were so puzzled they decided to give kinesiology a try. It turns out

his body clock was a few hours fast. So, we reset his body clock by rubbing Spleen 21 and rubbing his ear flaps all while thinking of the time of day it was. Voila! He finally started sleeping through the night and his midnight potty problems disappeared.

Potty problems can be very frustrating so here's another instance where kinesiology helped, but regular balances were required to maintain the results.

Meet Pei (pronounced pay). This senior gal is a Pit Mix that started wetting her bed at night. Poor thing would be so sound asleep that she couldn't tell she need to go. The vet prescribed Dexatrim to help control it. Yup, you read it right, the appetite controller and diuretic. Well, it stopped the sleeping accidents but created during the day accidents.

Mom and dad would come home to find puddles by the door. I asked if they would let me try to help and they agreed. During her balance it came out that spinal issues (fusions of the vertebrae) were contributing to an imbalance that made it difficult to hold it while she slept and the diuretic was causing her to need to go too strongly for her to hold it during the day. We were able to balance her and it stopped the sleeping accidents without the need of the RX that caused the daytime ones. Her balances would hold for two weeks so they put her on a schedule she did beautifully! No more accidents day or night.

Here's the story of Isabelle, a senior golden retriever mix. This sweet gal was diagnosed with the dog version of vertigo. On her good days she had a prominent head tilt, her aim was significantly off to the left when reaching for food or water and her balance caused her to fall often. After a few kinesiology sessions her head tilt was greatly decreased, her aim was almost spot on and her balance improved to where she rarely fell. All this made mom super happy!

Kinesiology doesn't just help with ailments it's good for behavioral issues too! It's like talk therapy without the talking, ha!

Meet Fluffy, the Domestic Longhaired Cat who got his world turned upside down. In an unfortunate turn of events Fluffy's human passed away. This meant he had to go live with his human's son. The son had 3 resident cats already. When Fluffy showed up things got heated.

There were fights every day & Fluffy was using the heating vents as his litter box out of spite. If things didn't change soon Fluffy was going to be homeless. But his new family decided to give Kinesiology a try. We cleared the negative emotions surrounding the new living situation he found himself in and within a matter of two sessions, there was finally peace among the pride; everyone coexisting under the same roof and no more surprises in the heating vents.

I feel the need to insert a disclaimer here... results are not typical; each case is different and varies in outcome.

Sometimes it's about helping the humans understand what their animals are experiencing on an emotional level so they know how to best interact with them.

Let me tell you about Flip. Flip is an Arabian horse with a strong spirit who makes sure to let you know it every chance he gets. At some point in his life he encountered a trainer that treated him very, very badly in order to get him to submit to being saddled and ridden. The emotions he shared were ones of terror, paranoia, hatred and wrath, just to name a few. The emotional pain triggered was just too much for him to handle. So, when he was saddled and asked to work or be ridden, the emotion would manifest itself as violent bucking, attacking the trainer or throwing the rider. We worked intensely.

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Three sessions a week for four weeks and even though we had cleared most if not all the negative emotions from his body, at his last two sessions, he made it clear that he was never going to allow himself to be ridden, ever. The wound was too deep. To ensure he never went through that emotional pain again, he was never going to let anyone ride him again. His human, now knowing how painful this was for Flip, decided he was not going to ask him to "work" anymore and found a place where he could live the rest of his life just being a horse in a pasture with his besties.

Finally, there is Lacy. This adorable mini labradoodle was having a very hard time adjusting to her dad's new traveling job. She just wasn't the same carefree fun-loving girl anymore, she was depressed. Mom knew Kinesiology helped her little girl with a past problem and she hoped it would help again.

We performed a balance focusing on the emotions surrounding her dad's more frequent absence. We determined that what she missed the most was fetching the tennis ball and going on golf cart rides with her dad. We cleared the negative emotions and mom made it a point to play more ball and take her on more golf cart rides. Within the week Lacy started coming back around and was herself again.

Daily, I am in awe of what Kinesiology is capable of doing to help animal kind and the humans that love them.

Ruth Generke—Positive Touch—get in touch for an appointment, in person or distance.

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Healthy pumpkin balls

Recipe courtesy of www.cesarsway.com This snack is not only delicious but is also filled with fiber, vitamin A, beta-carotene, potassium, and iron.

Ingredients

- 1/2 cup canned pumpkin
- 4 tbsp molasses
- 4 tbsp water
- 2 tbsp vegetable oil
- 2 cups whole wheat flour
- 1/4 tsp baking soda
- 1/4 tsp baking powder
- 1 tsp cinnamon (optional)

Directions

1. Preheat oven to 350 degrees
2. Mix pumpkin, molasses, vegetable oil, and water together in a bowl
3. Add the whole wheat flour, baking soda, baking powder and cinnamon to the mixture and stir until dough softens
4. Scoop out small spoonfuls of dough and roll into balls on your hands (wet hands work best)
5. Set the balls onto a lightly greased cookie sheet and flatten with a fork

Bake approximately 25 minutes until dough is hardened



The look of someone waiting 25 minutes for treats to bake.

Gait Testing: humans and horses



By Robert Frost

Gaits are patterns of locomotion involving the simultaneous motion of the arms and legs. In walking or running, various groups of muscles alternately contract and relax. As the left leg moves forward, the right arm swings forward. At the same time, the right leg moves back and the left arm swings back.

Gaits require very complex coordination. Both halves of the brain must send different signals to each half of the body at the same time. Gait coordination requires a good integration of the function of both halves of the brain. When the gaits test weak, the two halves of the brain are not functioning in an integrated manner. This can also cause mental difficulties, too. Let's explore the mechanisms at work in gait motion.

Reciprocal facilitation and inhibition

Have you ever had a pinched nerve or frozen shoulder? You'd know. If lifting your arm hurts like crazy in the shoulder, this is likely the cause. Let's look at

the muscles involved with lifting the arm and making punching motions.

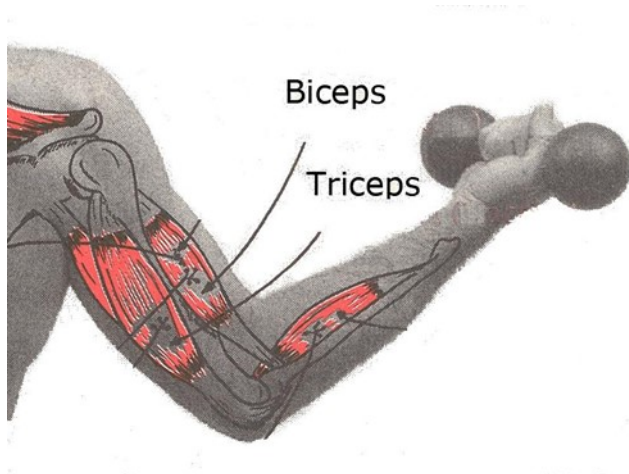
Synergists are muscles that contract together. Usually, they have a similar action and contract simultaneously in order to help with a shared activity. For example, in the punching movement, the muscle in the front of the shoulder, the anterior Deltoid and the Pectoralis muscles, both contract to bring the upper arm forward. The triceps simultaneously extends the elbow to straighten the arm. So, in the punching motion, these three muscles are operating together, which makes them "synergists." If you are punching up from below, anterior Deltoid is the main agonist and Pectoralis and Triceps are its synergists. If you are punching forward from the side, Pectoralis is the main agonist while Deltoid and Triceps are its synergists. Synergists are facilitated (assisted) to contract when the agonist is active. During these movements, Serratus is active as a stabilizer, holding the shoulder blade down and forward (caudal and anterior). Without the action of Serratus pulling

it down and forward (caudal and anterior), the shoulder blade would rotate. Then the acromion of the shoulder blade pinches the Supraspinatus tendon. That's the most common cause of shoulder pain when lifting the arm. Whenever a muscle is active, its antagonists are inhibited and inactive. The antagonists are usually the muscles which have the opposing function. Biceps and triceps are such a pair. Biceps bends the arm. Triceps straightens the arm. When biceps is actively bending the arm, triceps is inhibited.

This principle of inhibition of the antagonists and facilitation of the synergists and stabilizers is called "reciprocal inhibition and facilitation".

The gaits

The gaits involve simultaneous motions of one arm and the opposite leg in locomotion. Walking or running is a complex activity that involves many different groups of muscles alternately contracting and relaxing. As the right leg steps and left arm swings forward, the left leg pushes and right arm swings backwards. Many patterns of reciprocal facilitation and inhibition are active when walking. When the right leg and left arm move forward, the flexors of these limbs are facilitated and their antagonists are inhibited. At the same time, as the left leg and right arm move back, the extensors of these limbs are facilitated while the flexors are inhibited. When this complex gait mechanism is not working correctly, coordination suffers.



In extreme cases, the arm and leg on the same side may move forward at the same time. This lumbering gait is similar to the gait of a camel. A professional pickpocket revealed that when he sees someone walking in this way, he knows they are "not with it" and that he can easily and successfully rob them.

The gaits are easily visible in animals which walk on all four legs. In humans, only the anterior gait is easily observable. In a well organized human, the anterior gait is evident in walking. As one leg steps forward, the opposite arm swings forward at the same time.

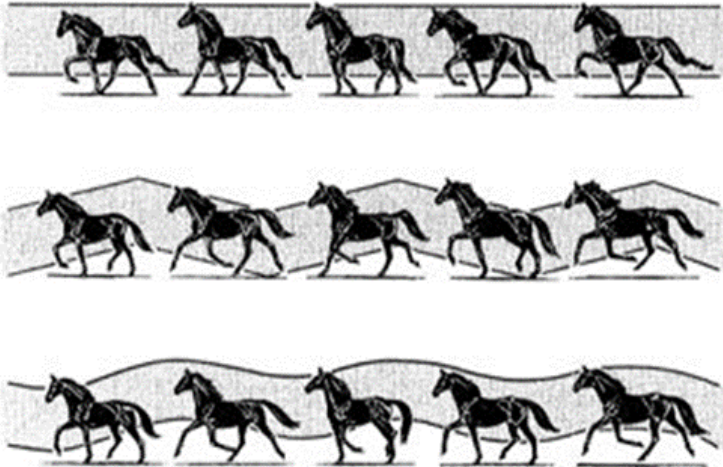
The four gaits of horses

Horses have four basic gaits. Each comes into play at a specific speed of locomotion. The sequence and timing of when a leg is lifted and when it hits the ground is different in each of the

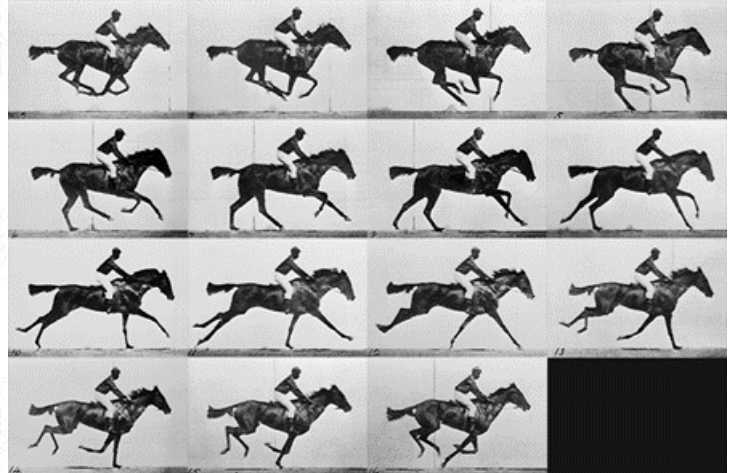
gaits. In each gait, the four limbs have a particular rhythm that is best suited to coordinate locomotion at that speed. In order of increasing velocity, the horse walks, trots, canters and then gallops. The four gaits of a horse are shown in motion here: https://www.youtube.com/watch?v=ifKU_kVQhd4

There are several different gait tests, each involving one arm and the opposite leg. The opposing limbs can be tested in positions that are anterior, posterior, lateral, medial, diagonal, etc. Here is how to test and correct the anterior gait – the contralateral hip and shoulder flexors. If the arm and leg test strong when tested individually, but the arm or leg tests weak when tested together, the anterior gait test is positive.

When testing muscles, an attempt is made to isolate the function of the individual muscle tested. When testing the gaits, muscles that function together are tested as a group with no



Walk, Trot, Canter



Gallop

attempt at isolation. For example, for the anterior gait test, the straight leg is brought 30° forward. The main muscles that so elevate the leg are the lower Abdominals and Rectus femoris. The Abdominals stabilize the pelvis so that lifting the leg doesn't hollow the low back. Rectus femoris straightens the knee and flexes the thigh on the hip. Psoas, Iliacus and Tensor Fascia lata also assist with lifting the leg but to a lesser degree.

Testing the Anterior Gaits

To test the anterior gaits, the subject lies supine. One arm and the opposite leg are lifted 30° from the table. The examiner attempts to press both of them down toward the table.

The arm or the leg may test weak. However, the problem could be with just the one limb that tests weak. How can you be sure that the dysfunction is with the gaits and not with the individual limb? Test the individual limb before gait testing. Alternately, you can test the one limb that was weak during a gait test. The arm and leg must test strong individually before the results of gait testing are confirmed. If the arm or leg tests weak when tested individually, massage of the corresponding neurolymphatic points is usually adequate for strengthening it.

Testing the Anterior Gait - Pretests

Subject lies supine.

Subject lifts one arm 30° from the table. Examiner pushes it down to test anterior Deltoid to be sure it tests strong.

If anterior Deltoid tests weak, strengthen it with neurolymphatic point massage.

Subject lifts one leg 30° from the table. Examiner tests it by pushing it back down.

If this tests weak, strengthen it by massaging the neurolymphatic points for the abdominals. If this fails to strengthen the leg test, massage the neurolymphatic points for the Rectus femoris.

Check that the individual arm and leg both test strong.

Testing the Anterior Gaits

Subject lies supine and lifts one arm plus the opposite leg 30° up from the table.

Examiner pushes on both at the same time for the anterior gait test.

If one or the other limb tests weak, but tested strong in the individual tests, the anterior gait needs correcting.

Correcting the Anterior Gait

Firmly massage LV2 with a circular motion for about 20 seconds.

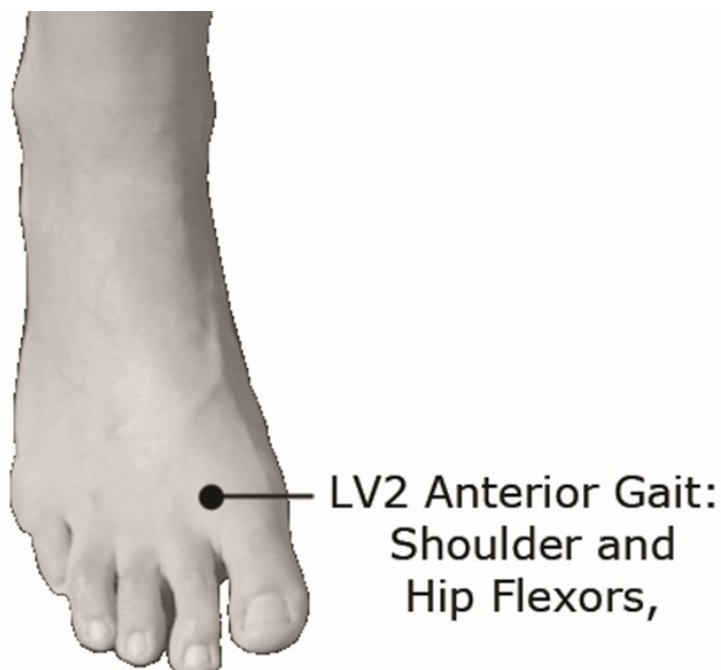
Confirming the Correction

Retest the anterior gait.

If both limbs now test strong, the correction is confirmed.

Treatment Point for the Anterior Gaits

Sometimes you can see gait problems as lack of coordination when the subject walks, but the gaits test strong. However, many muscles may test weak after the subject walks. When you see gait problems, but the gaits test strong supine, test the gaits while the subject is standing. For balance when testing the gaits standing, have the subject lean back against a wall. In many cases, the gaits only show their weakness when the subject is in a weight bearing position.



Contact with either the gemstone Fluorite or the wood Pink Ivory (*Berchemia zeyheri*) eliminates gait imbalances. I discovered this while researching for my doctorate thesis: *The Effect of Gemstones upon Human Neurological Functioning*. Placing a piece of Fluorite or Pink Ivory in your pocket can be a great assistance in learning new dance steps and other activities requiring a high level of concentration and coordination. <http://learnappliedkinesiology.com>

My student, Cheryl Rennels, trains horses in Livermore, Colorado. One horse was unable to canter. At the speed where cantor comes into play, the horse stumbled and either slowed down to a trot or speeded up to a gallop. When Cheryl put a fluorite under the saddle blanket, the horse could immediately canter. When she removed the gem, the horse lost this ability again. Hey, if this works with horses, it's probably not a placebo effect! This fascinating topic, gems and woods that balance muscles, is discussed in greater detail in my courses on gemstones and woods. For more, visit <http://facebook.com/learnappliedkinesiology> and <https://www.facebook.com/gemstonekinesiology>





Muscle testing is not required for correction of the gaits. The gaits can be corrected by making contralateral movements (cross crawl) with arms and legs before and after massage of the gait correction point(s).

This correction is a "quick fix". Helping the gaits to remain in proper function may require further research and corrections. The gaits are discussed in greater detail in my [Applied Kinesiology](https://www.amazon.com/Applied-Kinesiology-Reference-Principles-2013-09-22/dp/B0182QoXoA/) book on pages 238-243. <https://www.amazon.com/Applied-Kinesiology-Reference-Principles-2013-09-22/dp/B0182QoXoA/>

Correcting the gaits improves brain function and the capacity to make chosen changes

Correction of the gaits helps the two halves of the brain to function together simultaneously.

Seen in this way, gait corrections are a kind of brain integration. Correcting the gaits improves walking and running coordination. Correcting the gaits can also improve mental functioning.

Correcting the anterior gait can have an important psychological function as well. The anterior gait is used whenever you step forward from where you are toward where you choose to be. When the anterior gait tests weak, the subject is less able to make life changes. When the anterior gaits are functioning correctly, it is far easier to leave an existing situation and move towards chosen goals.

Case history

A 45-year-old extremely dyslexic patient had both mental difficulties and physical discoordination. He wore special pants because he often wet his pants uncontrollably. His wife made fun of him and his

image was "am Arsch" (German for "on the butt" - really down). When he lifted an arm, all leg muscles on both sides tested weak. When he lifted a leg, all arm muscles tested weak on both sides. He always wanted to learn to swim, but the simultaneous coordination of arms and legs to kick and stroke was beyond his capacity.

With concentration, he was able to learn to do various contralateral gait (cross crawl) movements. He went to the swimming pool, did his cross-crawl movements, rubbed the reflex points on his feet and again did cross-crawls (self-correcting his gaits). He then got in the water and learned to swim in one hour. He returned with a wide smile a, look of great pride in his eyes (like a child who says, "Mommy, look what I can do!") and told me of his success. "The best part", he said, "was that I fixed the problem with my own hands". It had been many years since he had felt so good about himself and his abilities.

Correcting the gaits can be very important for children

A child whose gaits are out will not be well coordinated. As a result, he will not be good at sports. When other kids see him moving awkwardly or throwing a ball inaccurately, they may make fun of him and call him unkind names. In such cases, the child often decides to concentrate upon his studies and to not pursue sports. This can inhibit him from enjoying physical activities for his whole life. Correcting the gaits can assist the child to run smoothly, be good at sports, and enjoy his body as well as his mind.

Identifying and correcting gait imbalances can greatly improve the quality of your life.





Modality Profile: Neural Organisational Technique

By Kate North

I will always remember my first NOT treatment, not because it changed my life (although perhaps it may have) but because, despite several years of kinesiology balances, I remember few responses to treatment that were as powerful and immediate.

Most kinesiology formats begin by defining a problem, an outcome or a goal. They do this because it defines the topic of conversation that the person's nervous system will be responding to. It works well because everyone knows what they are dealing with and it keeps you on track to achieve your goal. However, if you have not asked the right questions and the conversation is limited by the chosen topic, you may not have the opportunity to understand and treat an important underlying challenge. While you may improve, the instability created by the underlying issues may mean that the symptoms could reoccur.

Instead, NOT takes the approach of building a solid neurological foundation before moving on to more specialised functions. It follows the

order and design of the neurological system to ensure that the basics are correct and then builds up from there.

It was developed by Carl Ferreri, a chiropractor who was frustrated by the unreliable outcomes he was getting in his clinic. He wanted a system that produced specific, reproducible results. To achieve this, he followed the design of the body's survival reflexes and structure, because if a reflex is active it can be interfering with conscious function without us even realising it.

The first part of any and every NOT treatment is always to take the body out of the fight flight freeze response. This is a critical part of the thinking and design of the NOT system. Fight, flight and freeze are primary survival reflexes. If they are active, other neurological functions will be impaired or entirely disabled until survival is more certain. NOT recognises and works with this neurological priority system and follows it as a corrective process. For example: Physical survival comes first, then feeding, then reproduction.

If your survival is currently under threat then chewing, swallowing reflexes and speech are not especially relevant - Have you ever been in a stressful situation and unable to find your voice? Have you ever thought after a confrontation of excellent answers, retorts and arguments, all of which eluded you at the time? Your neurological system was entirely focussed on your physical survival, speech was unfortunately not on your neurological options list and neither was procreation! (Although that was likely further from your mind!) However, if you are relaxed and well fed, you are in a perfect position to consider the creation and survival of another fully dependant human life.

Basically, we have to make sure that the survival reflexes are not active before ANYTHING else can be functionally important to your nervous system. So, in NOT there is a defined order for treatment. Once the survival reflexes have been reset, we can choose to re-balance the neurological control of our structural system or the neurology of the biochemical system. Both the structural and biochemical system have their own neurological order and hence order for treatment. For example, we would want to make sure that the hips and spine are stable before we correct the limbs... it makes sense really... and so NOT follows the same process, checking each neurological step in turn, always ensuring that the basics are in place before the specifics are considered.

Why did I have such a strong reaction to this particular format of kinesiology, despite having had countless other kinesiology balances before? Two reasons that I can imagine: first, I don't think that anyone thought to consider survival reflexes / broad category neurological function as a topic for balancing. Most of the time we would have worked on a problem or toward an outcome. So, while we may have worked on changing many problems, we might

not have reached some of the very stable roots that were quite literally built into my structure.



Secondly, NOT, like chiropractic, works with the bones and bones are a very stable structure that can be resistant to change. If, in the many previous balances, we had worked on aspects of fear and survival reflexes, we had not worked on them with the bones and definitely not in the carefully constructed order that Dr Ferrari set out. As with most things, NOT opened another door. It is a truly unique form of work and one that I trust to produce results in even the most complex cases.

Studying NOT

NOT is usually taught in modules. Over the course of the different modules, you would cover:

- The survival reflexes,
- Structural neurology and reflexes as they relate to posture
- biochemical reflexes and endocrine balance
- structural and neurological balancing of learning and memory.

There is also an advanced NOT course that develops the protocols to work with specific conditions and teaches you to insert new neurological programmes.

Something to try

Because NOT follows a step by step procedure, most of the corrections are not stand alone units. The corrections form a system and it is in the system that the real benefits lie.

However, there are a couple of corrections that can be used separately, and one of them is called **Gut Reaction**. It is a mini balance of the endocrine system.

In recent years there has been significant focus on the 'gut brain'. Research in gut neurology has found that the enteric nervous system produces about 95% of the body's Serotonin and many neurotransmitters that act as neurological messengers throughout the body. With this level of influence, it would make sense that Gut Reactions could be important unconscious components influencing our health and behaviour and that in some cases they may override conscious 'cranial brain' control.

Within the NOT system, Gut Reaction will always be tested and corrected (if necessary) before working on the broader Endocrine System as this is related to a reflex in the reproductive survival system. (Reproduction being the way that the body ensures survival of the species.)

"Chronic constipation, bowel problems, stomach problems, hypothyroid conditions, anaemia and ultimately osteoporosis combination problem and itchy skin problems are the most common presenting symptoms. It is also frequently found active in infants and small children.

This is more commonly a female problem than a male problem, because the skin of the breasts can be stimulated more easily by the clothes worn and also when wiping after urination, which disturbs the skin direction. This causes an activation of the

Adrenal Sexual Reflex mechanism [Circulation-Sex Meridian]. When the Adrenal mechanism is activated, the bowels [Large Intestine] and Stomach are neurologically suppressed by the increased Adrenal activity.

Skin Reflex – the normal neurological skin direction is from Head to Foot [rubbed by passing through the birth canal]"

NOT Manual – Dr Carl A. Ferreri D.C.

Turn the page to read the protocol!

For information on NOT, to find a practitioner or a trainer, see www.neuralorg.com

Note from Kate: I will hopefully be organising NOT training in the UK in 2019 as part of my instructor training for NOT. If you are interested in finding out more, please contact me on kate@katenorthkinesiology.co.uk



Gut Reaction Test:

The test uses the Tensor Fascia Lata (a muscle related to the Large Intestine meridian).

Either

Test Tensor Fascia Lata bilaterally. If they are bilaterally unlocking then the Gut Reaction correction is indicated.

or

stroke bilaterally over the Tensor Fascia Lata muscles and test an Indicator muscle. If the Indicator Muscle unlocks, continue to correct. If not, then the Adrenal Sexual Reflex is not active and the correction is not needed.

With clients, I test Gut Reaction after every session (to check that the gut brain will not over-ride the work we have done and / to make sure that something in the session has not 'rubbed the client up the wrong way' causing panic and uncertainty), but Gut Reaction can also be used as a structural correction (if you use hand / finger modes) to correct the Adrenal Sexual Reflex at any point that it shows up as necessary in a session.

Further application notes from NOT Europe: "Before any other emotional program is accessed have the person say their own name (first name and then variations including their professional name) and test TFL. This will establish identity. If the person has had a long standing physical problem, they will many times identify with the condition and not to the name. They have traded identities."

Gut Reaction Correction:

Stretch the Skin of the nose, lips, nipples and the genital area in a downward direction. (This can be done by the client if preferred.) This helps to reset the skin reflex.

Rub Stomach NL between ribs 5-6 on Left side only, both Anterior and Posterior

Hold Stomach NV on Frontal Eminences (ESR)

Pituitary Pump – Lift Occiput Anterior (toward the chin) on inspiration and Pull Posterior on Expiration 5x to turn on the Pituitary. (This is a rocking motion much the same as nodding the head but created by the practitioner rather than the client.) The action milks the Pituitary Gland to produce Thyroid Stimulating Hormone.

Retest TFL

- [Step by Step Animal Magic Deepening Connection Technique](#)
- Sit beside your animal in a place where you will not be disturbed.
- Sit upon the floor and allow your animal to lay side on, so that you are sitting beside their shoulder. If you are doing this technique with a horse, try this post grooming; you still need to stand beside your horses' point of shoulder.
- With your hands on your lap or beside you, palms facing upwards, allow yourself to *feel* calm, centred and grounded.
- Take three cleansing breaths, but don't exhale over your animal, turn your head to the side slightly.
- Observe your animal, watch the rise and fall of its body closely, and allow your breathing to synchronise with that of the animal.
- Bring your mind to the centre of your forehead, and focus on an invisible eye, your third or intuitive eye.
- Now gently place one hand under your animal's chin, allowing them to make a connection to you by sniffing; your palm should be fully open.
- Allow your other hand to stroke the animal gently, starting around the chest area (a non-threatening area) and move along to the base of their tail. Try not to touch the tail, though, as animals can often move after this contact.
- Move the hand that is closest to the rear of their body back to their shoulder point, at the side of their body in line with your heart. For about a minute maintain contact with your animal, allow them to enjoy this intimate and heartfelt connection. If you wish you may place the hand that is closest to the front of their body over your own heart, too.
- Begin to notice any area that comes into view in your third eye. You may notice your animal feeling tense, twitching, feeling cold or hot or damp, or that their fur, feathers or scales become raised or even look a different colour.
- Begin to notice anything else and pay attention to the feelings within your own body.
- After a few moments, about two inches above your animal, move one of your hands over the animal without touching the skin, from head to tail.
- When you move your hands over certain areas of the body, notice again what you feel: Has your animals' breathing pattern changed? Is your animal looking around at your hands? Do you feel emotional when you move your hands over a certain area?
- Are you receiving any images in your minds' eye? Are you experiencing any physical symptoms?
- After around five minutes, allow your energy connection to ease and run your hands from the top of your animal's head, down to their tail. Repeat this three times. This is a grounding of energy technique (more about this in a later chapter).
- Take three grounding breaths and place your hands together at your heart centre, as if in a prayer position.
- Make notes of any connection discoveries in a journal.

Classifieds

Class listings for individual countries

Australia: <http://www.kinesiology.org.au/page-1712619>

Canada: <http://canask.org/class-listings-2/>

Denmark: <http://kinesiologiuddannelse.dk/kursuskalender/>

Ireland: <http://www.kai.ie/kinesiology-training-in-ireland>

UK: <http://www.kinesiologyfederation.co.uk/training/course-diary-search.php>

USA: <http://touchforhealth.us/classes/classes-by-state/>

USA: <http://energyk.org/training-events/>

Upcoming SIPS classes

There are classes coming up in Canada, the US and Europe – visit the website to find courses near you.

<http://www.sipskinesiology.com>

KF Conference: April 13 & 14, Oxford, UK

TFHKA Conference: April 24-27, Boise, ID USA

IASK / Russian Federation Conference: July 5-7, Moscow, Russia

IKC Conference: October 19-21, Bali, Indonesia

The world needs more Touch for Health!

4 level Intensive in Costa Rica Feb. 5-12

happy@alexiscostello.com for details



This section is a work in progress!

If you are a kinesiology association and would like to have your events (conferences, demo days, etc) mentioned, please email us. There are far too many classes internationally for us to list them all, but please send a link to the page on your website that shows upcoming classes and we will add it here.

If you would like to advertise your conference, presentation or post-conference workshop, please contact us for details.

Why did the chicken cross the road?

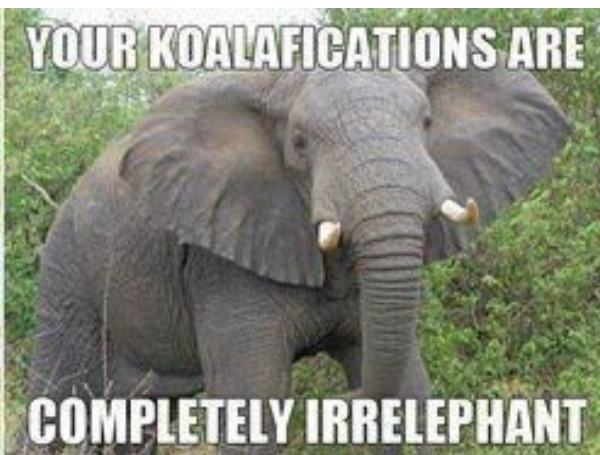
Kinesiologist:
Give me 15 minutes with it and I'll tell you.



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