

# KINESIOLOGY

## The Science of Energy as applied to Motion

by **Shayne Niehaus**

When I am asked about my profession my reply, “*Specialised Kinesiology*”, often meets with either a blank stare or a quizzical expression! “Ki-nee-si-what?!” is the common response! And yet, Kinesiology is not a new science – it has been around for almost 40 years and has been developed by leading doctors in various fields - chiropractors, educators, acupuncturists and neuro-biologists are notable examples. It began in the early 1960’s when an American chiropractor, Dr. George Goodheart, began using muscle testing protocols to evaluate general body imbalances. His research led him to formulate “Applied Kinesiology” (AK) aimed at professional health-care practitioners and embodied the application of muscle testing to *diagnose* physical conditions and anatomical problems of the body. In fact, the word ‘kinesiology’ actually means the ‘science of motion’.

In more recent years however, this definition of ‘kinesiology’ has become broader and more encompassing of ever wider-ranging research incorporating Kinesiology protocols, which is now specifically identified as *Specialised Kinesiology*. In 1970, Dr. John Thie decided to synthesise his own knowledge of Applied Kinesiology into a practical, effective method of balancing body energy which could be made available to the layman to empower, promote and maintain their health both within themselves and their families. This became widely known as *Touch for Health* and proved so successful and effective, that its’ brilliance birthed many new and enhanced forms of kinesiology. Today, *Specialised Kinesiology* incorporates work from people such as Paul E. Dennison (Educational Kinesiology & Brain Gym®), Gordon Stokes and Daniel Whiteside (Three in One Concepts/Emotional Kinesiology), Dr Carl. A. Ferreri of the Ferreri Institute in New York (Neural-Organisational Technique), Andrew Verity (Educating Alternatives), Toni & Greg Gralton’s work with Biokinetics, and numerous other researchers and professionals covering a variety of aspects from educational, emotional, mental, structural and nutritional backgrounds.

Kinesiologists understand the body to be greater than the sum of its visible parts. It is a multi-dimensional, multi-faceted bio-computer of immense complexity – and simplicity. We have an estimated 72000 electrical pathways that extend from the base of the brain down our spinal cord and into all our muscles. This is our nervous system and it is 100% electrical in nature. Humans have a small but measurable electro-magnetic field and other more subtle energy pathways that are linked to our etheric blueprint or template. Our brain (the hard-drive!) is in continuous communication with every part of our being. Like the internet (computers linked through servers and telephone lines across the world) our bodies have created neural pathways within our brains through movement. From the moment we are born and we learn to crawl we are laying down those pathways. It is these connections that feed back our learning experiences into our ‘hard-drive’. Our behaviours are made up of the sum total of our automatic responses and associations, belief-systems, emotions, experiences and so forth.

However, like a normal computer we can ‘short-circuit’ or ‘blow a fuse’ and these fuses could be structural, nutritional, chemical, emotional, mental or spiritual in origin. Kinesiology aims to identify which of these fuses have blown, and corrects accordingly based upon a wide range of techniques. Work from anatomical, herbal, nutritional, mineral, behavioural, essential, and energetic resources are incorporated during the session to guide the client back to a state of what we call *balance*. Kinesiology also incorporates Traditional Chinese Medicine practice and philosophy along with Neuro-Lymphatic Reflex Points (Chapman’s points), Neuro-Vascular Points (Bennett) and many other touch-based techniques into the treatment protocols. Kinesiology increases body energy and vitality enabling the client to stay healthy and vibrant well into their autumn years. Part of that which maintains and supports life is "energy" - and within the field of *Specialised Kinesiology* we make use of this knowledge and process as an integral aspect of how we work.

We have already stated that the body exists as both physical and non-physical matter; however, in order for a person to heal on all levels one needs to consider all these levels of beingness within any treatment protocol. When all aspects of self are balanced, and we can use an equilateral triangle as our example (see illustration below), we find ourselves in an optimal state of health. However, an imbalance at the emotional level will affect both the mental and the structural levels – for example we all know how stress affects our biochemistry! Likewise an imbalance at the Biochemical level will affect the other two sides as well. Our bodies do have amazing abilities at compensating to maintain our equilibrium, but over time increasing distortions in our triangle will manifest in symptoms of dis-ease.

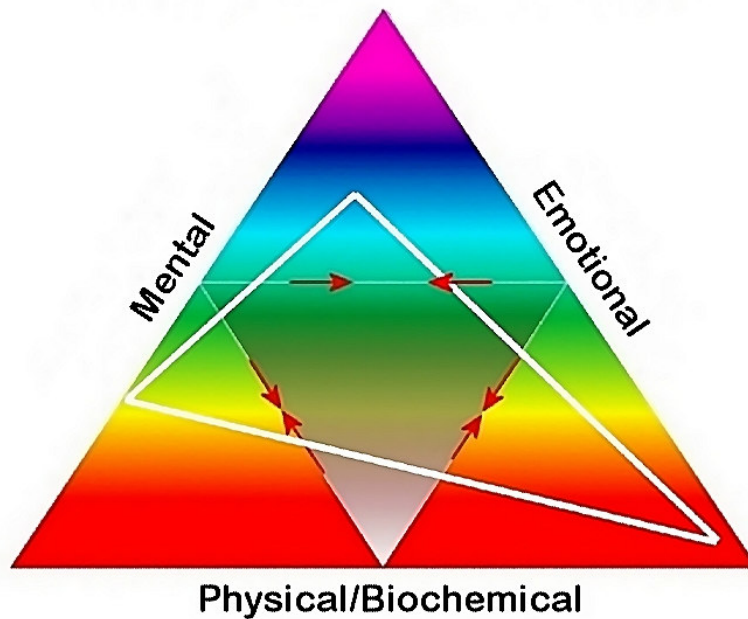
Complementary Practitioners refer to ‘balancing’ quite a lot. Think of it this way: we balance our chemistry by breathing in and breathing out, by eating and eliminating. We balance activity with relaxation and wakefulness with sleep. So too is there a constant striving for balance within our physical, emotional, mental and spiritual selves. Where one aspect is seriously skewed, it will impact on all the other aspects as well. **Balance refers to equilibrium on all levels.**

In his book “Vibrational Medicine”, Richard Gerber, M.D. writes, “*dis-ease is simply nothing more than a resonance level in a body or organ system that has become altered or distorted from its homeostatic (or balanced) state, and healing is nothing more than finding the tool or mechanism by which that resonance level is restored to its preferred harmonic pattern*”.

Kinesiologists are trained to look past the label of dis-ease or symptoms to find the underlying CAUSE of the ‘problem’ by identifying all the different stressors which are either creating, adding to and/or maintaining ‘the problem’ – and they could be emotional, nutritional, structural or electrical stressors. The analogy that I like to use is that when you step on a dog’s tail, it is the other end that yelps!

Kinesiology’s non-invasive protocols are able to directly influence clients to achieve balance significantly closer to our equilateral triangle example.

# A Healing Model



## *Muscle Testing – the Key to unlocking the mysteries of the body*

The tool of our trade is our muscle-testing protocol. This tool is not to be taken lightly and when used correctly by a trained and experienced Kinesiologist, has been shown to be unbelievably accurate. Before we use any muscle as our ‘indicator’ muscle (our bio-feedback tool) we complete a series of checks prior to commencing work on a client, to ensure that our readings will be precise. For us, muscles are our monitors of balance/imbalance, relaxation/stress and harmony/disharmony within the body. Any one of the stressors mentioned earlier will weaken a muscle during a test, because our muscles are electrically connected to the neurology in our brain via the spinal chord so we are really testing brain response rather than pure muscle strength.

Our bodies have innate intelligence – think about it, if you cut your finger do you have to consciously think about clotting your blood, forming the scab, forming new cells underneath the scab and discarding the scab once the job is done? Do you have to remind your lungs to breathe, or your heart to beat, or your digestive system to digest? This is pretty much accomplished without any conscious thinking on our part. Your body also knows exactly what strengthens its’ energy and what weakens its’ energy – and it is this intelligence that we tap into during a session.

Even negative thoughts or emotions can weaken us (very clearly demonstrated via a simple muscle test) so we are able to show our clients exactly what it is that stresses out their bio-computer – but also what strengthens it again. If it is something within the client’s lifestyle that is affecting their health, the client is brought to a fuller understanding of how that particular issue is degrading their energy, but importantly what choices or changes will strengthen the body again . If it is a food sensitivity that is the cause of their

ailments, it may mean a life-long commitment to avoid eating that particular type of food but the end result will be increased health and vitality. It might even be that the ‘problem’ has a secondary gain – it is serving a purpose! Sad to say but for some people, even negative attention is better than no attention at all. Subconsciously they have become a willing partner in their ailment. It has been written that despite excellent tests and procedures, modern back specialists admit that *up to eighty percent of all cases have no clear physiological cause*. By ascertaining the root cause of the issue and bringing that to the conscious mind, Kinesiologists assist their clients to live more consciously – rather than by default, to *choose* consciously vs unconsciously – and empower their clients to take back their lives. We encourage our clients to honour their new discoveries and take responsibility for their choices – most do given their new understanding of their bodies!

The idea that environment, emotions and even what we think has such an affect on our energy is still hard to believe by many people. Our logical selves want to depend on what can be physically seen, heard, felt, smelt, or even tasted. Body energy is something intangible; we can’t see it – but we know it exists because we can feel it.

Take emotions for example. Past trauma tends to block our progress in the present more than we realise. Gordon Stokes, founder of Three in One Concepts, says that “**EVENT + PERCEPTION/BELIEF SYSTEM + INTENSE EMOTION = FUSION**”. The brain has a way of ‘layering’ memory so that the earliest memory of an emotion (such as pain or fear) becomes the basis for all later repetitions of that emotion. Neurologically the brain makes no distinction between the present and the past. Whatever memory neurons generate in from our past memories will determine our present behaviour.

What is interesting about our brains is that they respond to both real and imagined events in exactly the same way! It makes no difference to our brain whether something actually happened—or not. But it is what we *feel* about the experience that creates our “reality”. However, the good news is we are able, through Kinesiology, to change our psychological and physical cellular memory whenever we make a choice to do so. Our techniques uncover the root causes of emotion and the corrections neutralise (or de-fuse) the cause in the past during age-recessed time, in order to make a difference in how we **FEEL** in the present. By simply changing our perception along with ingrained belief systems regarding ‘the incident’ we can do an enormous amount to release any negative stress around even the most traumatic memory.

Quite often, simple forgiveness over a traumatic event is amazingly efficient at boosting body energy; whilst holding on to all that negative emotion depletes our energy and leads to all sorts of health problems down the road.

All allergies have an emotional basis to them (not to be confused with ‘sensitivity’ which is based on a chemical reaction to our constitutional make-up). We can be allergic to food, people, animals or even situations and things! I’ll use myself as an example....

I used to be horribly allergic to cats – until about a year ago. This was a bit of a problem because 90% of my friends kept cats. Any contact with a cat would result in violent

sneezing which would only stop about an hour after I'd either removed the cat from my presence, or gone home (whichever came first). In fact, it wasn't actually the cat that was the problem, but what the cat *symbolised*. For me, it was an intense need to be free and independent! And what are cats? Free and independent! The allergy was a means whereby my subconscious self was bringing this aspect of myself which needed sorting to my conscious mind – only I was not understanding its' language! This understanding was facilitated by a brilliant lecturer during my training – and it took all of one hour. And once I understood the connection – the allergy miraculously went away. This is one way that our brains make 'associations'. In moments of fight or flight, emotions are literally fused into cellular memory.

Another example could be food. Our reaction to a certain foodstuff could be as a result of receiving a jolly good smack for not eating that item as a child. At that moment, our brain makes an emotional connection between the yucky brussel sprouts in our mouth to not having choice, and fuses the memory. Years on, we find that brussel sprouts give us terrible indigestion. The issue is not the brussel sprout, but the fused memory surrounding having no choice. Consciously we have forgotten all about the brussel sprout incident – but our subconscious hasn't. The pattern has been set and *brussel sprouts* become the trigger. Our protocols can track to when these 'fusions' occurred, but the good news is we can insert a new file into our bio-computer with the insight and knowledge that we now have, and over-write the original programming to become more conscious in the present.

Ideally Kinesiology should be seen as a way to implement our own Preventative Maintenance Programme within our own bodies so that we can get the maximum amount of 'life' out of them! Just as we book our cars in for their annual 'service', so too should we schedule regular sessions with our local kinesiologist *whether or not we have symptoms of dis-ease*. It's about putting measures in place to avoid those biological breakdowns in future. If dis-ease is already present, we work to enhance the healing capabilities and strength of the body. Ideally we like to work alongside allopathic medicine and should not be seen as an 'alternative' option to conventional medicine, but a 'COMPLEMENTARY' one.

Kinesiology does not medically diagnose diseases – this is the realm of the physician. Nor is kinesiology a tool for precognition! Our protocols identify the exact nature of *blockages in the energy flow* and once the imbalances are identified then a variety of techniques are used to release these blockages to allow the body's innate healing processes to come back online *in order to heal itself*. The treatments encourage the body's natural rhythms which, with regular enhancements, will ultimately renew the harmony and well-being of body, mind and spirit. I liken it to putting the 'right note of music into your personal symphony'. Someone once said "*There are no incurable dis-eases; only incurable people*" .

Some examples that Kinesiology has been known to help are

**Physically**  
Aches & Sprains, muscular pain  
Asthma

Body fatigue  
Candida overgrowth  
Clumsiness

Food & substance sensitivity testing  
Headaches  
Indeterminate pain  
Mineral and vitamin deficiencies or  
excesses  
Nutritional deficits  
Postural problems  
Skin problems  
**Emotionally**  
Addictions, Fears and Phobias  
Allergies  
Depression  
Obsessive Compulsive Disorders  
Self-worth  
Smoking

Stress  
Trauma  
**Mentally**  
ADD & ADHD  
Behaviour  
Belief systems  
Concentration problems  
Dyslexia  
Learning challenges  
Setting goals & team building  
**Energetically**  
Body circuits & energy balancing  
Meridian Therapy  
Spiritual connections

**Shayne Niehaus** is a registered, Specialised Kinesiologist who is completing her internship from a practice in Panorama, Cape Town. If you would like to know more about this complementary form of health-care, contact her at **Bio-Energetic Restoration** on 021-9301138/4162. You are also invited to visit the web site at [www.home.intekom.com/aurasoma](http://www.home.intekom.com/aurasoma). For non-Cape Townians, as a member of the Association of Specialised Kinesiologists she can also refer you to a registered kinesiologist practicing in your area. E-mail [restoration1@intekom.co.za](mailto:restoration1@intekom.co.za).