

ENERGETIC KINESIOLOGY – PRINCIPLES AND PRACTICE

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Foreword



*There is this medicine and that medicine
and this method and that method
and there is the way the body really is.*

Kerry Weinstein

The quote is symbolic of a monumental shift taking place in health care and introduces a book that makes an extraordinary contribution to that change. What is evolving is a better way to think about the techniques that support our health and that help us recover from injury and disease. Modern research and clinical experience are cutting through the morass of confusion inflicted on all of us, in which questionable science is used to 'prove' how the human body works, usually with a primary goal of selling something. The message is often a false view of our vulnerability rather than the optimistic perspective of the body's innate ability to heal itself.

In *Studies Show*, John H. Fennick describes how we are continually bombarded with the results of studies that purport to prove that this or that treatment or lifestyle or dietary ingredient is good or bad for us. The average person, the physician and even the seasoned researcher finds it challenging to evaluate these assertions, to the point that many people simply do not trust any health claim.

The way the body really works leaps from the pages of this book in the form of carefully documented information on the working together of nerves, muscles, movement and energy—concepts that have been validated through extensive research and clinical practice. No longer does the future of medicine rest mainly on experiments done in laboratories of biochemistry and molecular biology. Instead, we are learning that academic scientist-therapists such as Dr Charles Krebs and his colleague Tania O'Neill McGowan are at the cutting edge of biomedicine, the place where discoveries in alternative, complementary and integrative medicine join with the findings from basic research to provide real knowledge on how

the body works, and to provide a vision of the successful health care system of the future.

Academic biomedicine is learning that a vast amount of important and reliable information is emerging from observations made by sensitive individuals who touch their patients every day and carefully observe, test and retest the subtle phenomena taking place under their hands. Delighted patients have direct experiences that enable them to validate the success of Energetic Kinesiology.

Charles and Tania are among the master therapists of our time. They have brought to modern medicine a series of insights and discoveries that could be achieved only by persons with a rigorous scientific background combined with experience of teaching and practicing an emerging and tremendously exciting field of therapeutics. Charles has studied with the great teachers and leaders of the previous generation of Energetic Kinesiologists (George Goodheart, Gordon Stokes, Bruce Dewe, Richard Utt and Sheldon Deal), who stood on the shoulders of the academic kinesiologists who preceded them (Robert and Charles Lovett, as well as Florence and Henry Kendall). Note the term *academic kinesiologists*, signifying that these individuals sought to find out and verify rather than prove; the mature scientist knows that even the best science leads only to approximations, not to proofs.

Charles has traveled the world, teaching, treating and researching, continually expanding the scope of his discipline and revealing his ongoing discoveries to a therapeutic community that is thriving, in part because of the advances he has made. Charles has also developed the Learning Enhancement Acupressure Program.



This method applies muscle biofeedback and acupressure techniques to correct specific learning problems. The result is much more than relief of aches and pains—it allows people to fulfill their destinies, the reason they sought help in the first place.

Charles's background is in research science and neuroscience. He has worked as a researcher and a university lecturer, and he has over 20 years of clinical experience. His intimate and virtually holographic understanding of the brain and its connections throughout the body provide detailed support for his unique therapeutic approaches.

Charles is also the author of two other remarkable and highly acclaimed books. *A Revolutionary Way of Thinking: From a Near Fatal Accident to a New Science of Healing* is the remarkable story of how Charles recovered from an accident that left him with quadriplegia. He was facing death, or at least a life sentence of physical and mental disability. With his deep knowledge of human anatomy and physiology, as well as an incredible will, Charles decided that he would walk again—and he did. In the process, he synthesized a vast amount of wisdom from ancient medical texts from the East to the latest discoveries of western neuroscience. The book proved to be a monumental contribution to the field of kinesiology. It includes the most thorough account of the history of this field available until publication of this book. A second important book, *Nutrition for the Brain*, revealed Charles's deep understanding of biochemistry and nutrition.

Tania has a background in physics and now owns and manages an Energetic Kinesiology college in Western Australia. The college offers fully integrated training, including one of the first programs to provide an Advanced Diploma of Kinesiology.

It is a major event when therapists of this caliber choose to document their life's work in a book such as this. I am honored to be one of their many friends and colleagues, and I am grateful for the privilege of writing the foreword for this masterful volume.

Students and teachers of every branch of complementary, alternative, integrative and energy medicine will find valuable insights and

techniques they can use between the covers of this brilliant book. Anecdotes from the experiences of patients and remarkable healers met along the way make the book very readable and enjoyable. It is also extremely well-illustrated. Great illustrations are vital from my perspective and this book has a wealth of them.

Other highlights include the following:

- A comprehensive understanding of the structure and function of the ancient and modern energy systems of the body, which enables therapists to both apply new models from physics and quantum physics to healing and to explain their results to their delighted clients.
- A new understanding of homeostasis, chaos and stress, and how compensations accumulate, stabilize, and thereby resist change, as well as how to get around this dilemma.
- Practical applications of these understandings in the resolution of a wide range of physiological and emotional issues.
- A discussion of the remarkable biofeedback mechanism of muscle monitoring, which enables therapists to directly contact the subconscious and cause it to divulge its secrets.
- A critical scientific description of muscle monitoring, formerly called muscle testing—what it can do and what it cannot do.
- The recognition that the body knows how to heal itself but sometimes needs some gentle help from outside.
- The recognition that every person is unique and that every treatment must therefore be completely individual.
- An explanation of why randomized clinical trials are consequently of little value in studying Energetic Kinesiology, but how high-quality science and validation can nevertheless be done by critical scientists such as Charles and Tania.
- A description of the broader application of kinesiology beyond its use as a powerful resource for treating musculoskeletal issues; kinesiology can be used in the treatment of a wide range of disease issues, the reason being well-documented relations between the

musculoskeletal system, the lymphatic system and visceral functions.

- A history of how the connections with pathophysiology came about through the work of Chapman, Bennett and Goodheart, who made systematic studies of the links between weakness of specific muscles and specific disorders.
- A fearless venture by Charles and Tania into controversial concepts such as auras, the astral body and chakras, but in practical ways that make sense even to the most skeptical observer.
- Descriptions of the connections between ancient and modern conceptualizations of human energetics, which will be fascinating to all therapists.

References

1. Fennick, JH 1997, *Studies Show: A Popular Guide to Understanding Scientific Studies*, Prometheus Books, Amherst.
2. Krebs, C 1998, *A Revolutionary Way of Thinking: From a Near Fatal Accident to a New Science of Healing*, Hill of Content Publishing, Melbourne.
3. Krebs, C 2006, *Nutrition for the Brain: Feeding Your Brain for Optimum Performance*, Michelle Anderson

With *Energetic Kinesiology* Charles and Tania leave a new, remarkable and indelible footprint for their field and for health care in general. This book is far more than a therapeutic manual. It is a book that will be studied by current and future generations of healers from every branch of therapeutics. I congratulate the authors and publisher for producing a volume that will help untold numbers of patients from around the world live more comfortable and fulfilling lives.

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December 2013

Preface



Overview of the book

Energetic Kinesiology is currently an emerging field internationally in the complementary health sciences, gaining more and more scientific support and recognition. The field of Energetic Kinesiology is growing rapidly and is increasingly being taught in professional colleges and schools worldwide; however, at present there is little published literature covering the principles and practices of this exciting field. Our goal in writing this book was to help fill this gap and begin to bring greater coherence into both its theory and practice.

The book is intended to bring together a vast array of information, research and clinical knowledge into a format that is accessible and immediately useful to kinesiologists, other health professionals and students of kinesiology. It includes a comprehensive treatment of the historical development of the field, as well as a description of the fundamental techniques employed in the field and the underlying physiological and energetic basis of these techniques. For those with some experience in kinesiology, this book will provide the theoretical background necessary to more deeply understand, and to explain to others, how the techniques are applied and why they are effective.

The concepts covered in this book are by their very nature rapidly changing, as this is a developing field. We have chosen the content of the book based on feedback from students and practitioners about the difficulty of finding comprehensive explanations of kinesiology techniques and the mechanisms on which they are based. It is important to understand that this textbook was not written to cover the entire field of Energetic Kinesiology but rather to be a first step in the exploration of this emerging field. Many of the concepts and clinical applications included in this book have not yet withstood the rigorous scrutiny of scientific investigation. However, they have been included on the basis of observations of their clinical efficacy by ourselves and thousands of

clinicians around the world over the past three decades.

One aspect of this book that is unique is the historical content. Dr Charles Krebs knew most of the originators of Energetic Kinesiology techniques personally and has been privileged to have heard the stories of the development of these techniques firsthand, witnessed their development, or been actively involved in their research and development. The book has many historical anecdotes, which makes it a very interesting read for existing practitioners as well as those new to the field.

We have included a historical overview of the concepts relating to the development of emotions. This is because we have found that too often the connection between clinical sciences and the esoteric workings of the human mind become mutually exclusive in approaches to understanding how thoughts and emotions can influence all aspects of our function. Indeed, one of the unique attributes of Energetic Kinesiology is its holistic approach to the mind and body as an interactive unit influenced by not only our physical and physiological states but also our emotional and psycho-spiritual states.

In addition, there is a detailed discussion of the energetic structures of Man and how these interface with our physiological, emotional and psycho-spiritual functioning. This section, together with the final section outlining a scientific model for energetic healing, provides a valuable resource for all practitioners of energy medicine.

In writing this book, we had to make choices about which techniques and procedures are fundamental to the practice and application of modern Energetic Kinesiology. This book is not intended as an encyclopedic collection of *all* the concepts and techniques used in Energetic Kinesiology, as the modalities involved in this field are at present highly varied. We have attempted to include a core set of techniques and procedures that are used in Energetic Kinesiology worldwide

and have consistently demonstrated clinical efficacy. If we have omitted techniques that others consider integral to their practice of kinesiology, it was unintentional, as we were constrained by both knowledge and a need to keep this book a manageable size.

We thank the many students and practitioners who read drafts and made suggestions for the order, content and clarity of this book. We extend our sincere appreciation to the giants of the field, who had the creative insights and persistence to lay the foundations of this work. It has been a unique pleasure working on this project, and we hope that readers find the content and ideas as exciting as we do.

How to use this book

This book has been written in an order that allows the reader to grasp the concepts necessary for understanding Energetic Kinesiology. However, the chapters also stand alone as reference points for specific topics.

It is envisioned that this book will be of interest to a variety of audiences. These audiences may include the following:

- students of kinesiology
- kinesiology practitioners
- chiropractors
- manual therapists
- psychoemotional therapists
- energy medicine practitioners.

The book is divided into a number of sections. Section I, *Understanding Kinesiology*, defines and introduces a historical context for the field of Energetic Kinesiology. Section II, *The Energetic Structures of Man*, begins with a historical perspective of Man's view of health and healing. It then discusses in detail the multidimensional bodies and the primary energetic systems of the body: the chakra-nadi system, the acupuncture meridian system and the Tibetan figure 8 energy system. Section III, *Understanding and Applying Muscle Monitoring*, provides an in-depth discussion of muscle physiology, including the control of muscle

function, states of muscle imbalance and the emotional control of muscle response. It concludes with the various types of muscle monitoring and the validity of muscle monitoring. Section IV, *Core Kinesiology Tools*, discusses the fundamental techniques that are essential for the practice of modern Energetic Kinesiology.

Section V, *Client Assessment*, outlines the processes that need to be employed when working with clients to ensure effective kinesiology treatment. Section VI, *Set-up: Information Gathering*, outlines a series of techniques used to access conscious and subconscious information as well as ancillary factors needed to effectively define a client's issue. Section VII, *Core Correction Techniques*, covers a variety of correction techniques commonly used in modern Energetic Kinesiology. Section VIII, *Concluding Sessions*, includes the factors that are necessary to effectively complete the kinesiology treatment, including ongoing support for the client. Finally, section IX, *A Model for Energetic Healing*, provides a scientific model for energetic healing, including the role of the practitioner in healing.

Kinesiologists and students of kinesiology will most likely utilize all the sections contained within this book. However, practitioners trained in other health modalities may choose to access specific sections of this book to gain a better understanding of particular topics.

Explanations of terminology used in this book

We have presented this material using terminology that is common to the field of Energetic Kinesiology. When discussing muscle monitoring in a general rather than a clinical context, the term *monitor* is used to identify the person doing the muscle monitoring. However, when discussing the people involved in the therapy, the *practitioner* provides treatment to the *client*.

The term *muscle monitoring* will be used throughout this book rather than *muscle testing*, which has been used since the beginning of kinesiology. The rationale for this change in



terminology is explained thoroughly in chapter 8, *The physiology of muscle monitoring*.

We have used the term *core kinesiology tools* when discussing the non-verbal mechanisms used in treatment, such as holding specific hand positions (hand modes) and touching specific acupoints. This group of techniques is used together with muscle monitoring to provide kinesiology treatment and can be thought of as the tools used in this field. In contrast, the section covering *core correction techniques* describes the procedures used to resolve the imbalances discovered using these core kinesiology tools.

A kinesiology balance has distinct phases, but these have not always been taught explicitly in kinesiology training programs. In this book, we have given these phases distinct names: 1, setting the context; 2, set-up: information gathering; 3, applying correction techniques; and 4, challenging corrections. We elaborate on each of these phases throughout the book.

Warning to the general public

There is currently a wide variability among practitioners in this field. Just because a practitioner calls themselves a kinesiologist or kinesiology practitioner does not mean they have been trained in or can competently apply all the techniques outlined in this book. If you are seeking kinesiology treatment, you need to do your research and question prospective practitioners to ensure you find a kinesiologist who is properly qualified in your country and who is able to competently apply their skills to achieve long-term clinical results.

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