



Kinesiology

– the science of motion

We are physiologically designed to maintain a state of balance, but daily stressors challenge this state constantly. It is often believed that medical intervention is the best approach to heal physical, emotional or mental illness, but this can be very disempowering. Specialised kinesiology gives us the tools to revisit the past and bring both body and mind back into balance.



THE ORIGINS OF KINESIOLOGY

Kinesiology is not a new science: it has been around for about 50 years and has been developed by leading doctors in various fields: chiropractors, educators, acupuncturists and neurobiologists are notable examples. It began in the early 1960s 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. It involved the application of muscle testing to determine physical conditions and anatomical problems. In fact, the word 'kinesiology' actually means 'the science of motion'. However, in more recent years the definition of kinesiology has become broader, encompassing wide-ranging research and incorporating kinesiology protocols. This is known as specialised kinesiology.

In 1970 Dr John Thie decided to synthesise his own knowledge of AK into a practical, effective method of balancing body energy that would be accessible to the layperson in order to empower, promote and maintain individual and family health. 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 the work of people such as Paul Dennison (educational kinesiology and Brain Gym), Gordon Stokes and Daniel Whiteside (three in one concepts/emotional kinesiology), Dr Carl Ferreri of the Ferreri Institute in New York (neural-organisational technique), Andrew Verity (educating alternatives), Toni and Greg Galton (biokinetics), and work by numerous other researchers and professionals from educational, psychological, structural and nutritional backgrounds.

THE PHILOSOPHY BEHIND THE PRACTICE

Kinesiologists understand the body to be greater than the sum of its visible parts. It is a multi-dimensional, multifaceted bio-computer of immense complexity and simplicity. We have an estimated 72 000 electrical pathways extending 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 electromagnetic 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 move-



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ment. From the moment we are born and learn to crawl we are laying down these pathways. It is these connections that feed our learning experiences back to the '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 computer we can 'short circuit' or 'blow a fuse'. These fuses (stressors) may be structural, nutritional, chemical, emotional, mental or spiritual in origin. Kinesiology aims to identify which of these fuses has blown, and corrects it accordingly, using a wide range of techniques.

HOW IT WORKS

The tool of the trade is the muscle-testing protocol – the key to unlocking the mysteries of the body. This tool is not to be taken lightly: when used correctly by a trained and experienced kinesiologist, it has been shown to be unbelievably accurate. Muscles are used as a 'biofeedback tool'.

Before commencing work on a client, a series of checks is carried out to ensure that our readings will be precise. For kinesiologists, muscles are 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 neurons in our brain via the spinal cord so what is actually being tested is brain response rather than pure muscle strength.

Your body knows exactly what strengthens and weakens its energy. It is this intelligence that is tapped into during a session. Even negative thoughts or emotions can weaken us (very clearly demonstrated using a simple muscle test), so kinesiologists are able to show clients exactly what it is that stresses their bio-com-

If a food sensitivity is causing the ailment, it may mean a lifelong commitment to avoid 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 80% 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 rather than unconsciously, and empower their clients to take back their lives.

TAKING RESPONSIBILITY

Kinesiology encourages people to honour their new discoveries and take responsibility for their choices. Given their new understanding of their bodies most of them do! Many people find it hard to believe that the environment, emotions and even our thoughts affect our energy.

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 from our past memories will determine our present behaviour. However, the good news is that by using kinesiology, we are able to change our psychological and physical cellular memory

Kinesiology 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 is amazingly efficient at boosting body energy while holding on to negative emotion depletes our energy and leads to all sorts of health problems down the road.

Take food as an example. Our reaction to a certain foodstuff could be the 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 and not having a choice, and it fuses the memory. Years later we find that brussel sprouts give us terrible indigestion. The issue is not the brussel sprouts, 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 backtrack to when these 'fusions' occurred, but the good news is that we can insert a new file into our bio-computer. Using the insight and knowledge we now have, we can overwrite the original programming to become more conscious in the present. Ideally kinesiology should be seen as a way to implement a preventive maintenance programme within our own bodies so that we can enjoy the maximum amount of 'life' from them! Just as we book our cars in for their annual 'service', so we should schedule regular sessions with our local kinesiologist whether or not we have symptoms of

dis-ease is already present, we work to enhance the healing capabilities and strength of the body.

KINESIOLOGY AS A COMPLEMENTARY THERAPY

Ideally kinesiologists like to work alongside allopathic medical practitioners. Kinesiology should not be seen as an 'alternative' to conventional medicine, but as 'complementary' to it. Kinesiology is not used to diagnose diseases: this is the realm of the physician. Nor is kinesiology a tool for precognition! Its protocols identify the exact nature of blockages in the energy flow. Once the imbalances have been identified, a variety of techniques are used to release these blockages. This allows the body's innate healing processes to reassert themselves so that the body may heal itself.

The treatments encourage the body's natural rhythms which, with regular enhancement, will ultimately renew the harmony and wellbeing 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'.

Kinesiology has been known to help on a **physical level**: aches and sprains, muscular pain, asthma, body fatigue, candida overgrowth, clumsiness, food and substance sensitivity, headaches, indeterminate pain, mineral and vitamin deficiencies or excesses, nutritional deficits, postural problems and skin problems; **an emotional level**: addictions, fears and phobias, allergies, depression, obsessive-compulsive disorders, self-worth issues, smoking, stress and trauma; **a mental level**: Attention Deficit Disorder and Attention Deficit Hyperactivity Disorder, negative behaviour patterns, negative belief systems, concentration problems, dyslexia, learning challenges, setting goals and team