A man in a white shirt is performing kinesiology on a woman's hand. He is holding her hand with both hands, and she is looking at him with a neutral expression. The background is a blue and white geometric pattern.

# Talk to the Body – Kinesiology Plus

by **Monai Godwill**

So what do you want to do better? Is it something physical? Get rid of aches, pains and fatigue? Or performance of some type; sporting, academic or artistic? Perhaps it might be better business presentations or easier personal relationships?

Whatever it is, it is bound to be affected by your stress levels, your left and right brain co-ordination, and your brain and body co-ordination.

Kinesiology works at a systems level, on a holistic basis, and takes into account not only the physical, but also simultaneously the biochemical and subtle energy aspects of our being. It can therefore integrate all aspects of life, and improve our development in all areas.

Kinesiology can identify neurological disorganisation between parts of the brain and between the brain and the

body which, when corrected, will lead to better function and performance.

You can therefore use a Kinesiology session not only to improve your health and vitality but also to improve any performance, whether physical, mental or emotional. If you have ever dreamt of a therapy during which both you and your therapist can tell that the therapy has worked; a therapy in which there are no drugs or the need for a protracted series of sessions to see if things have improved, well now you have found it!

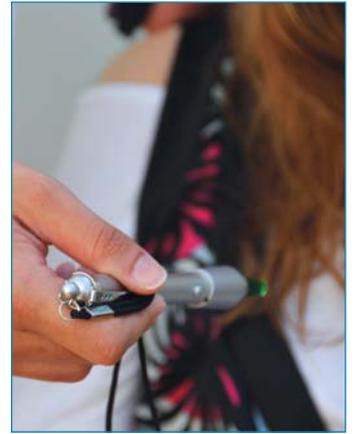
## **Kinesiology**

Amazing! Incredible! I can hardly believe it, but it works! Fascinating! are the common remarks I hear from new clients. Kinesiology is a drug free, non-intrusive and gentle therapy that is distinguished by its use of subtle muscle monitoring to discover in what way the body and mind are under stress.

All disease is caused through putting the body under more stress than it can cope with, leading to symptoms which, if not resolved, can lead to illness. There are so many

# massage technique

## Kinesiology



stresses to the body today, such as pollutants, metals and chemicals, and to the mind, such as the rapid rate of change and the intense pressure to excel. Kinesiology can clear these stresses naturally and gently.

Muscles rely on the nervous systems to trigger movement, the blood supply to oxygenate them, the lymph system to feed and clean them and the meridian chakra system to energise them. In this way muscles are linked to our nervous system, to our organs through the meridian systems, to mental activities and to nutritional factors and the monitoring of them can reveal what treatment is needed.

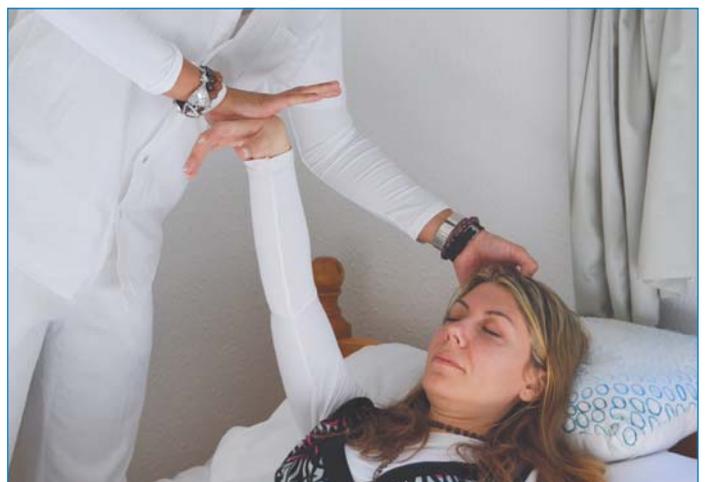
There are many beneficial forms of healing, but Kinesiology is the only one in which both the client and practitioner can tell, at the time, whether the treatment has worked or is working. Unlike many other therapies your mind and body set the priority and pattern of treatment, not the practitioner. Since the nerves control body functions, including all the major systems, Kinesiology is a practical method of evaluating all the nerves in the body, including the autonomic nervous system which controls the organs and glands of the body.

As Kinesiology deals specifically with the integration of the nervous system and body functions it is ideally suited to helping the body heal itself. The main element of Kinesiology are uses Muscle Monitoring Technique (MMT). During the 1960's a new type of evaluation was introduced into chiropractic by Dr George Goodheart of Detroit, Michigan, U.S.A. who found that evaluation of normal and abnormal function of the body could be made through gentle muscle monitoring. Since the original discovery the

principles have been used to evaluate nerve, vascular and lymphatic systems, nutrition, and meridian, chakra imbalance. This system of evaluation and correction has spread out from chiropractors and is known as Kinesiology. Further evaluation will reveal which controlling factor (anatomical, physiological, psychological or energy field) is at fault. If correction is successful, there will be a remarkable return of strength to the weak muscle.

### Keeping Track

Kinesiology allows the practitioner to know what treatment your body needs, and also whether the corrections made have been effective. It allows both the client and practitioner to keep track of progress. It allows treatment to be done in the order which your body prefers so that it is gentle. As treatment progresses you will notice that muscles that used to be weak on testing are now strong under the same test, a reflection of your return to normal functioning.



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Kinesiology

Kinesiology cannot only help solve health problems, but can raise your general health and immunity levels to prevent future problems. Once you are back to normal health Kinesiology can be used as a preventative.

**Because it works at a system level rather than by dulling the symptoms here is but a partial list of the sort of things that Kinesiology should be able to help you with:**

backache • allergies • dyslexia • headaches • arthritis • poor co-ordination • joint problems • asthma • hyperactivity • muscle pain • flatulence • poor concentration • injury trauma • constipation • learning blocks • lymphatic drainage • eczema • improved memory • hiatus hernia • skin problems • emotional trauma • pre-menstrual syndrome • Candida • low immunity • thrush • phobias • hay fever • depression • chronic fatigue • anxiety • irritable bowel • exam nerves, fibromyalgia • diarrhoea • public speaking • over/under weight • migraines • the menopause and many other complaints.

For example, one my clients set a goal which was related to a car accident and started to have panic attacks from there on (the two were separated in time, but linked). During the session defecitits were cleared and the meridian, chakras, emotions balanced. All three elements were treated at the emotional level.

The patient wrote: *"I am now driving again having conquered my fear of many years, and panic attacks. Before I could only drive short distances and would avoid motorway. I have no fear anymore and can drive with confidence and determination; thank you for such a wonderful treatment."*



## Today's Emotional Freedom technique:

Here is a simplified version of Emotional Freedom Technique that I often use in the clinic. Try it for pain relief, stress release and phobias; try it for anything. It will surprise you.

- Say "Even though I "----- (insert the negative) -----" I love and accept myself".
  - Focus in on and evaluate your feelings about the statement, marking them from 1 to 10, where 1 is nothing at all and 10 are unbearable.
  - Repeat the statement as you tap these points, or carry out the actions below:
    - Tap inside your eyebrows
    - Tap outside your eyebrows
    - Tap the outer corner of your eyes
    - Tap directly below your eyes
    - Tap at your nostrils
    - Tap below your cheekbones at your ears
    - Tap above your top lip and below your bottom lip
    - Tap your chest below your collarbone
    - Tap your chest inside your elbows
    - Tap the tip of your very bottom rib
    - Tap the fingertips of one hand on the groove between the little and the ring finger of the other hand. Repeat with the other hand on top
    - Tap the outer edge of one hand against the outer edge of the other, as if you were delivering two karate chops.
- Finally repeat your statement and re-evaluate it. If your feelings are not down to 1 repeat the process until they are cleared.



**Monai Godwill**

BSc (Hons) TFH.P D.ASIACT  
Lecturer Intenational College of  
Neruoenergetic Kinesiology

**For courses on Kinesiology and Aura Soma contact:**  
E: [info@aiesp.com](mailto:info@aiesp.com)  
W: [www.AIESP.com](http://www.AIESP.com) W: [www.beautespera.com](http://www.beautespera.com)