

Letter from the President

"What a lovely strawberry! I'm so thankful for its juicy sweetness"



There's a legend that floats amongst traditions that goes like this: One beautiful spring day, a monk (or dervish, or priest, or disciple) wandered in reverie, meditating as he strolled. The minutes grew into hours, the sun glided across the sky, the morning passed peacefully. Suddenly, he was roused from his solitude by the awareness that he wasn't alone. A hungry tiger stalked him. He began to run,

and running, came to a cliff, and jumping over, grabbed hold of a sapling which bravely grew there from the face of the rock. The tiger sat patiently watching as the minutes grew into hours, the sun glided across the sky, the afternoon passed while the monk struggled to hold on with both arms, growing weary with the strain.

Then it began to rain. The rain softened what little soil had gathered between the rocks, and the rocks themselves became slippery with the rain. The roots of the little sapling began to slip. The tiger watched, unblinking.

It was then the monk noticed amongst the tentative roots of the sapling a single strawberry plant bearing a single, perfectly ripe strawberry. He let go with one hand to pluck the strawberry, and popping it into his mouth, thought: "What a lovely strawberry! I'm so thankful for its juicy sweetness"

No matter the tradition, this story speaks to us of accepting the inevitable, and then finding the sweetness within it, not getting mired in loss, but seeking what is to be gained.

And so your board of directors made a difficult decision to accept the inevitable: our 'tiger,' the fact that more than half of our board members are dealing with personal/family crisis at this time; our 'cliff,' the depressed economy; our 'strawberry,' that we are able to make this change.

We have rescheduled and relocated the 2010 conference.

The new dates are: Oct 7-10, 2010

The new location is: Best Western CottonTree, Sandy, Utah

The gift is that the cost for the association and for you will be greatly reduced (room rates are about half of what they would have been in Santa Fe), the location is central to a greater number of Energy Kinesiologists, and that we now have more time to put together a great list of speakers and a wonderful conference.

See you for October in Salt Lake City!

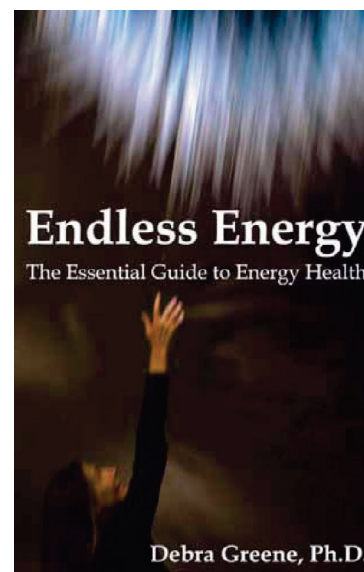
Book Review

Endless Energy: The Essential Guide to energy Health by Debra Greene

After hearing Debra Greene discuss the four energy bodies at the 2009 EnKA Conference this year, I was eager to read *Endless Energy: The Essential Guide to Energy Health*. In her book, she offers readers a concise and logical description of subtle energy, in-depth discussions of each of the four energy bodies and a variety of exercises for cultivating and maintaining energy health. *Endless Energy* is a practical and informative guide to those just discovering their energy bodies and to those who are continuing to develop that awareness.

Debra Greene weaves together her extensive knowledge and experience of the subtle energy bodies with the work and research of James Oschman, Charles Krebs, Bruce Lipton, Dean Radin, Daniel Goleman and many more. The extensive Notes section not only documents her references but also provides incredible resources for those who want to delve deeper into this topic.

After a clear and concise description of subtle energy, Debra Greene describes the characteristics of the vital energy body. She follows the description of the vital energy body with a chapter of exercises and recommendations to explore and keep the vital energy body healthy. The characteristics of the



mental, emotional and universal bodies are likewise described and then ways are offered to keep those bodies healthy.

The exercises are quite user-friendly. There is a list of the exercises just after the table of contents. The exercises are printed in shaded boxes that made them easier to find and follow. I even downloaded several audio (MP3) versions of the exercises from www.EndlessEnergyBook.com.

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NEWSLETTER INFO

All articles must be received by Natalie by deadline date:
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The term Energy Kinesiology was conceived and trademarked by Donna Eden in the 1980's. In May 2002, she granted the Association unrestricted rights to use the term Energy Kinesiology to describe the emerging profession of energy healers who use methods derived from the field of kinesiology. Donna, of course, may continue to use the term as she has been for the past two decades. We are all grateful to Donna for this gift.

Membership Application found on page 13

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Establishing and Managing a Successful Holistic Clinic

by Karta Purkh Singh Khalsa

There has never been a more invigorating time to be a health professional practicing complementary healthcare. Your clients are exploring complementary and alternative medicine (CAM) to help them achieve a state of balanced health and a life of greater wellbeing, you are skilled and ready as never before, and you have natural health resources not even imagined even a generation ago.

Physicians are referring patients to CAM practitioners. Progressive practitioners have created many holistic healthcare centers to serve their communities, expand their practices, amplify their incomes and to achieve something they really believe in.

Natural healing therapy is a hot career these days. But wait — not all this dough is trickling down to therapists, many of whom are still hustling for clients one by one in their little office, and not making much of a salary for being therapists, clerks and advertisers rolled into one. There are many more CAM therapists than there were ten years ago. That's good, in terms of visibility, but it adds a lot of competition. How many of the people you went to school with are making a living with natural therapies today? Even though it looks attractive (you keep the entire fee), the sole practitioner model of business is just about the least efficient way to generate income that we could come up with.

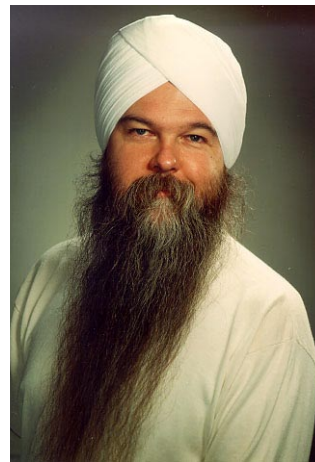
Trend reports tell us that one of the best businesses to start is an alternative health center or day spa. The use of natural medicine in those over 65 has tripled in the last decade. Clearly there's a trend here. The mean salary for a CAM therapist is

about \$50,000 per year. Pretty good money, but at some serious risk for a short career and physical stress, and it comes along with some school debt. And remember, for most therapists, this is gross salary, before deductions for rent, supplies, etc. That brings the purported average actual earned amount down to \$39.00 per hour, for an average of 15 hours per week. As an example, the US Bureau of Labor Statistics actually puts the median hourly salary of a massage therapist, probably a career pretty comparable to an energy kinesiologist, at \$15.36. Ouch. The annual average, seen this way, is \$29,000.00. You can eat on that, but you won't be vacationing in Hawaii. Still, you're only with actual clients for 15 hours per week. Now let's add the other hours of cleaning up, doing paperwork, promoting the practice... Not to mention the oddball evening and weekend hours. You see where we're headed.

To which, a savvy observer might inquire, then why...? For some, healing is a mission, what else can you say? All in all, are there easier ways to make a buck? Well, if you want to make a federal case out of it, yeah.

Clearly, many holistic practitioners are making progress. And kudos to them! But as far as one can tell, this rising tide isn't lifting all boats. So, how to float your own boat? Not yet obvious? Open a clinic with more therapists and services, thank you very much.

Until very recently, when some business entrepreneurs have stepped in, wellness centers were almost always owned and operated by credentialed health practitioners, such as bodyworkers, chiropractors, acupuncturists, holistic medical or osteopathic doctors, nurses, psychologists, nutritionists or estheticians. Wellness centers offer one stop shopping for holistic healing services.



Having an assortment of practitioners operating together in the same clinic offers better coverage of the schedule, convenient referrals to colleagues under the same roof, the change for a team approach to the case using the combined brain trust and a healing atmosphere for the patient.

This cadre of highly trained specialists will practice at a common office site, probably

rubbing elbows all day long. And they better get along with each other, or at least be able to be professional. The credibility of the group practice depends on the reputation of each of its practitioners, so the competencies of every practitioner involved must be ready to stand the test of time.

Increasingly, such clinics are being established by people with a business background, as a commercial enterprise. This is a sign of the times, and has its advantages and disadvantages. You may be a skilled entrepreneur, but it's your tradeskill in this healing field that allows your customers to sense your authenticity, consistency, and hands-on knowledge—a “manager from a distance” may not resonate with this clientele. Bear in mind, though, that business skills and healing skills might not have much overlap.

Make your Wellness Center a Dream, not a Nightmare

True wellness is that balance that naturally exists within each of us. When we become well, we become whole and balanced again, whether or not we have gone through a disease. Many people who are ill with chronic infirmity may actually be suffering the effects of years of neglect.

A whole lot of people are so done with the “find a bug, use a drug” style of modern medicine. In this era of uprooted families and packed schedules, your clients are

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“Establishing and Managing a Successful Holistic Clinic”

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eager to discover empowerment and a sense of community — a bond of spirit and feelings. Your group practice can be this heart connection for them — a “safety zone” where they can relax and find support. True, your clinic will generate revenue, that’s a must. It can also become a refuge and a center for relationships.

Anyone who tells you that starting a clinic is easy is either lying or lying. We’re all too familiar with the concept of business as a double-edged sword, and the clinic concept is no exception. In fact, the back edge of this rapier is sharp enough to draw blood.

For the record, this is not everyone’s game. Some are better suited to working for someone else, and going home at night to relax. Launching and expanding a successful group practice can be a daunting mission, so you must have a plan and a good dose of grit to help you actualize your vision. It would be great to find yourself, one day soon, working with fellow like minded professionals and successfully developing your own holistic healing center. Not only is the clinic, in fact, a business, it is also a complex balance of commercial organization and fulfilling higher expectations with higher standards. Think of it as a koan of sorts, the sort of adventure that bashes you on the head with its serenely ridiculous fulfillment.

At the Starting Line

The process of creating a clinic from scratch, as with any business, is a long, arduous task, especially in the beginning, when you are working continuously to actualize your vision. Your relationships with others in your organization are seriously important. For your staff, you provide inspiration, creativity, tolerance and tireless optimism, especially in the early months. You, the founder, the motivational powerhouse, set the pace.

To prevent “burn out” in the process, you must develop the habit of listening

to your own body’s wisdom and reactions to the pressure. Stress reducing activities like meditation, walking, sufficient sleep and a sense of humor are all healthy necessities, not luxuries, as you lose yourself in your work.

It’s All About the Consumer

CAM is rapidly penetrating all layers of society. But, as they say, some layers are more penetrated than others. Generally, the people who would be interested in visiting your center are college-educated baby boomers, who are still, in the main, under sixty. While they are beginning to develop chronic conditions, keep in mind that they are not yet terribly sick. They will, however, use even more of these treatments as they age.

According to consumer surveys by the research group Mintel, the growing population of baby boomers has created a new trend, the search for longevity and vitality. There is a big new market aimed at meeting this goal.

This generation, formed in the sixties, is used to having choices and questioning authority, and boomers are not going into retirement easily. They are looking for everything from quick-fix cosmetology to life-extension, so you have a lot of opportunities to provide the aging baby-boom population with attractive health and wellness choices, based on your own personal vision.

The Natural Marketing Institute has identified one of the key trends having a significant impact for the next several years. “The Age of the Individual” is a major trend in reaction to mass marketing, a declining trust in traditional authorities, driving a culture of consumer-generated demands, products and services that are “made just for me.” That’s where customized holistic clinics excel.

And what do you get out of it?

What do you mean by success? Is it serving the health needs of your clientele? If so, how much sacrifice are you prepared to

endure for them? How about making financial return, job security or flexible scheduling? It’s important to create a good definition for yourself, because it will color all your other decisions.

Your schedule is very important. Many small business people work long, hard, albeit flexible hours. The buck stops with you. A pipe bursts in the middle of the night. Who gets out of bed? You guessed it. As the clinic founder, consider your own personal lifestyle choices in deciding the whys and hows of the marketplace you plan to serve. Hopefully, before you get started, you have a good idea of your ability to withstand pressure and adverse conditions.

A touchy subject — how much profit is appropriate? Most entrepreneurs just barely create a job for themselves. If you don’t make additional profit as the owner of the business, after paying yourself a market rate salary (the compensation you would have to pay someone else to do your job), you don’t have a viable business. You might as well work for someone else, unless controlling your own schedule and work are the only important things to you. That gets old fast.

Bottom line, do not open the center with the vague idea that you want to “make a lot of money”. Better to sell shoes. A professional practice owner is a businessperson by virtue of being in business, so, saddle up, businessperson! A holistic clinic can do quite well financially, but it comes along with a lot of small business headaches. Those who stick it out are those with integrity and sincerity, and an affinity for healing and helping others, while managing the needs of a circus variety of people including, last but not least, your own.

A few of the many skills you’ll need to develop:

- Goal setting
- Making preparations in written form

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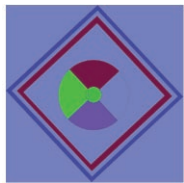
The Inherent Symbol of Flow

*Dr. Wayne Cook's
Hook-Ups*

How to temporarily balance your nervous system so that you can receive more energy - and it will only take from 5 seconds to 5 minutes!

**By Thomas Martin
Tegtmeyer**

Edited by Laurie Copeland, RPP



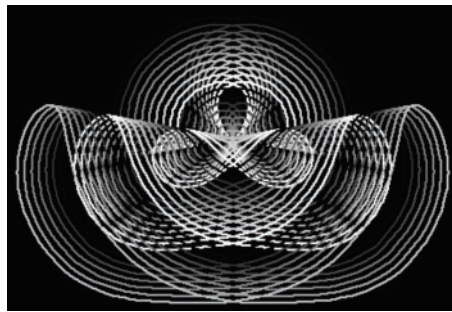
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Originally published by International Energy Currents, Autumn/Winter

2005 (updated T. M. Tegtmeyer 2006-03-28 for Tone Magazine, Ottawa, and updated 2009-11-11 for ENKA)

Acknowledgements

Apart from the many references to sources in the article, I would like to honour the memory of integrating innovators, the late: Moy, Lin-Shin, Mui, Ming-To, George Goodheart, John F. Thie, Gordon Stokes, and Margaret Ann Richardson Kean (Margaret A. Kean, Margaret Fields Kean.) In addition, I particularly appreciate the physiology work of Dr. Wayne Cook, Dr. Paul Dennison, and Dr. Carla Hannaford: 2005, 2nd edition, *Smart Moves: Why Learning Is Not All in Your Head.* The Medicine Wheel logo above honours the combined Aboriginal Four Medicines/Directions with Traditional Chinese Medicine Five Element Theory. The Bernoulli lemniscate image below comes from:

[HTTP://ONLINE.REDWOODS.CC.CA.US/INSTRUCT/DARNOLD/CALCPJ/FALL07/MEEKSADELSPERGER/LEMNISCATE/LEMNISCATEOFBERNOULLIT.PNG](http://online.redwoods.cc.ca.us/instruct/darnold/calcpj/fall07/meeksadelasperger/lemniscate/lemniscateofbernoullit.png)



Introduction

This article is focused on the transformative power of circular patterns such as spirals, helixes and figures-of-eight, “lemniscates.”

I have used these forms in my holistic health practice since 1995 with effective results, incorporating physical movements, symbols and discussion largely through the Results System, a simplified protocol with great intent that suggests to a client areas of exploration to pinpoint stressors and how to address them to achieve optimal conditions. This is facilitated by the use of muscle monitoring, a technique used by kinesiologists and health professionals to help them understand people and who they are through the body's neuromuscular responses.

To better understand better the physiology of this work and other traditions, I began to study Brain Gym® Educational Kinesiology. Brain Gym® links learning theory to the function of muscles and to balance them with intentions and goals. In doing so, there are physiological changes affecting the senses, emotions and perception (Carla Hannaford: 2005,).

Symbolism of Circular Forms

Rudolf Steiner often used the figure-8 or “lemniscate” to illustrate his descriptions concerning the interplay of polarities in all manners and ways. This figure may of course be traced by the locus of a point, a characteristic of the curves of Cassini. It may, however, also be constructed in the interplay of two families of circles with two loops and foci in polar opposite in quality. This is a true picture of the interplay of the cosmic polarities with their breathing

reciprocity (Whicher.) Folded over itself, I see a circle offset within a circle yet it remains dynamically a lemniscate.

The symbolism used for figures-8 abounds. One circle can represent the individual, the other the universe. This can represent “the changeover which all beings have to make who come into the earthly space from the living spheres of the spiritual, and then one day pass out again beyond our sight, from the world of visible phenomena to the invisible world of spirit” (Whicher). Another interpretation can be that one circle represents the head and the other the limbs while the cross-over point represents feelings. The cross-over point can be described as where our higher natures and lower natures meet. Alternatively, it can symbolize where information is communicated over a bridge (corpus collosam) between the two brain hemispheres responsible for Gestalt (image/figure functions) and Logic (analytical) functions.

In Tarot cards, which are linked to Kaballah or Qabalah, and to Egypt, the “Magician” card has on a hat in the form of a lemniscate. It is to signify the first motion of creation (Manly Hall: 2003, *The Secret Teachings of All Ages*). The “Strength” card, also known as the “Enchantress” has a cosmic lemniscate over her head, proclaiming her as an adept. This symbol also represents balance. She has initiated a spiritual cause and therefore, according to the laws of the universe, she will receive a spiritual effect. In a third card, the “Juggler” is juggling two balls inside a lemniscate, maintaining harmony in the midst of change (Eden Gray: 1971, *Mastering the Tarot*).

In open literature about Chinese traditions, the main lemniscate flow of energy is called the macrocosmic orbit which circulates up the spine and down the front of the body then crosses the body to go down the back of the legs, and up the front of the legs to cross the body again to complete one cycle. The circle up the spine and head and down

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2010 Class Schedule

Date	Class / Instructor	Location	Contact
Feb 6-14	Applied Physiology's Agape Quest 1 & 2 – Adam Lehman	Salt Lake City, UT	JD
Feb 7-8	Facial Analysis Plus – Natalie Nehman	Odenton, MD	NN
Feb 11-12	Bach Flower Introduction – Natalie Nehman	Odenton, MD	NN
Feb 13-14	Touch for Health 4 – Matthew Thie	Los Angeles, CA	MT
Feb 19-20	Inner Clarity Experience – Debra Greene, PhD	Maui, HI	DG
Feb 20-21	Touch for Health 1 – Matthew Thie	Los Angeles, CA	MT
Feb 22	Inner Clarity: Energy Testing 101 – Debra Greene, PhD	Maui, HI	DG
Feb 23-24	Inner Clarity: Energy Protocols – Debra Greene, PhD	Maui, HI	DG
Feb 25-26	Inner Clarity: Energy Rays – Debra Greene, PhD	Maui, HI	DG
Mar 6-7	Touch for Health Metaphors – Matthew Thie	Chapel Hill, NC	AG
Mar 15-16	Intro to Applied Physiology Workshop – Adam Lehman	Puerto Rico	GD
Mar 15-16	Touch for Health Proficiency & Update – Matthew Thie	Puerto Rico	MT
Mar 20-28	Applied Physiology's Agape Quest 3 & 4 – Adam Lehman	Vancouver, BC	CF
Mar 21-22	Kinergetics: Unit 1 – Natalie Nehman	Annapolis, MD	DB
Mar 23-24	Kinergetics: Unit 2 – Natalie Nehman	Annapolis, MD	DB
Mar 23-24	Body Structure 1 Hologram – Ron Wayman	West Jordan, UT	TD
Mar 25-26	Kinergetics: Unit 3 – Natalie Nehman	Annapolis, MD	DB

List Your Classes

We provide this regular feature as a benefit to our membership.

- Professional members, send upcoming class information to the recording secretary, Karen Ownbey, [energyK.org].
- For NEW listings, please type "new class listing" in the subject line.
- If your class is already listed, please double check that the information is correct. To update or change an existing class

listing, please type "corrected class listing" in the subject line.

- Include course title, dates, location, your name and contact numbers (phone, work, fax and e-mail addresses)

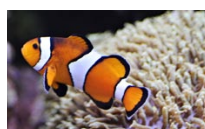
The recording secretary maintains a master list and your listing will appear in this newsletter, in the e-bulletin, and on the website. The e-bulletin and the web site are updated monthly. To be included in the next newsletter, your listing must be received by May 1, 2010.

2010 EnKA® Conference

New Date!
October 7-10



New Place!
Salt Lake City Utah



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2010 Class Schedule (Continued)

Date	Class / Instructor	Location	Contact
March 27-28	Touch for Health Metaphors – Matthew Thie	Puerto Rico	MT
March 28	Brain Hologram Update A – Ron Wayman	West Jordan, UT	TD
March 29-31	Body Structure 2 Hologram – Hugo Tobar	West Jordan, UT	TD
April 3-4	Touch for Health 2 – Matthew Thie	Los Angeles, CA	MT
TBD	Applied Physiology's Agape Quest 3 & 4 – Adam Lehman	Salt Lake City, UT	JD
April 12-16	Touch for Health Clinical Intensive (1-3) – Matthew Thie	Malibu, CA	MT
April 17-18	Touch for Health 4 – Matthew Thie	Los Angeles, CA	MT
April 24-25	Touch for Health Metaphors – Matthew Thie	Los Angeles, CA	MT
April 24-25	Applied Kinesiology – KP Khalsa	Madison, WI	DL
May 2-8	Endless Energy in Paradise – Debra Greene and John Maguire	Big Island, HI	DG
TBD	Applied Physiology's 7 Chi Keys – Adam Lehman	Salt Lake City, UT or Boston, MA	JD
May 12-16	Centering & Amino Acids – Adam Lehman	Sonoma, CA	AL
May 15-16	Touch for Health 3 – Matthew Thie	Los Angeles, CA	MT
May 20-21	Healing Balances 1 – Natalie Nehman	Annapolis, MD	DB
May 24-27	Kinergetics: Units 4 & 5 – Natalie Nehman	Annapolis, MD	DB
May 24-28	Touch for Health Clinical Intensive (1-3) – Matthew Thie	Malibu, CA	MT
May 29-30	Touch for Health 4 – Matthew Thie	Los Angeles, CA	MT
June 9-13	Applied Physiology & The Brain – Adam Lehman	Sonoma, CA	AL

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Balancing Your Brain's Dopamine Levels to Feel, Look and Perform at Your Best

*By John Maguire,
Founder and
Director of the
Kinesiology Institute*

Dopamine is one of the four primary chemical messengers in the brain known as neurotransmitters, the others being acetylcholine, GABA (gamma amino-butyric acid) and serotonin. To achieve optimal mental and physical health, these four neurotransmitters need to be in proper balance. When one of these neurotransmitters is either deficient or in excess, it can result in various symptoms and conditions of illness.

This article will focus on how dopamine affects you, what happens when your levels are low and how you can raise these levels naturally to help achieve physical and emotional well-being. It is not the intention of this article to have you try to self-diagnose or treat any condition or disease. If you have any serious condition or illness, seek appropriate medical treatment from a qualified health professional. For more information on this and the other four primary neurotransmitters read the book, "The Edge Effect" by Eric Braverman, MD.

Dopamine and acetylcholine are excitatory and switch the brain on. These levels are higher during the day to keep you alert. GABA and serotonin are sedative and slow the brain down. You want these to be higher at night to help you relax and sleep. In ample supply dopamine gives you physical and mental energy,

motivation to get things done, a high sex drive, quick thinking, and an ability to fight off cravings. If you lack some or all of these qualities, it is a likely sign that your dopamine levels are low.

Everyone has one dominant neurotransmitter. This largely determines what your temperament and personality is. Dopamine dominant people are driven to achieve things and are often successful at what they do. They are self confident and can stay focused on the task at hand, knowing what they want and how to get it. They do well under stress and thrive on competition. Even if you do not have a dopamine dominant nature, when you do things to raise your dopamine levels, you will find that you get more things done and are more driven to succeed.

For all of us, dopamine works like a natural amphetamine and controls our energy, excitement for new things, and motivation. It monitors and regulates our metabolism and relates to setting goals, long term planning, and voluntary movement, intelligence and abstract thought. Its by-product is adrenaline. A long-term drop in dopamine can bring on addictive disorders, obesity, severe fatigue and Parkinson's disease.

Behavior that Raises Dopamine

Much of our behavior is directed towards raising our dopamine levels. Men are particularly driven to up their dopamine, although women certainly enjoy a boost in levels, too. Going to sporting events, attending a rock concert and watching action movies can provide a dopamine rush. Doing high adrenalin activities, such as riding roller coasters, white water rafting and skydiving can certainly get your dopamine soaring. When a sports team wins a championship, the entire city's mood is uplifted. We can thank dopamine for that. Sports heroes, as well as rock stars get paid big bucks to give us this biochemical boost.

Dopamine and Romance

In romance it is actually a dopamine surge we are feeling. We accurately say we feel



"chemistry" for someone. These levels especially rise during sex. They elevate even more when sexual activity occurs for the first time between new partners (lust and sparks). Think of when you fell in love with someone and how high and on top of the world you felt.

We want to keep the flame alive, but as we become used to our partner, it's hard to sustain those high dopamine levels. If dopamine levels come tumbling down, we lose that loving feeling and "the honeymoon is over." People have a natural biological tendency to resort to behavior to increase these levels. You can understand "cheating" as a consequence of biological drives, which as one researcher put it "cause dopamine spikes seen only in heroin addicts when shooting up."

So if you want to keep romantic love alive – do new and exciting things together, because any kind of novelty drives up dopamine in the brain. Explore healthy ways to keep your dopamine levels balanced, including the nutritional suggestions below. Do things together that create excitement, passion and pleasant surprises.

Problems Associated with Low Dopamine

When dopamine levels are low, many physical symptoms can result. Anemia and fatigue, decreased physical strength and activity, slow metabolism and thyroid disorders, excessive sleep and narcolepsy can all be associated with dopamine deficiencies.

Other signs include carbohydrate binges, sugar and junk food cravings, blood sugar instability, constipation or diarrhea, digestive problems, obesity, inability to gain or lose weight, and loss of appetite.

Diabetes, kidney problems, high blood pressure, bone density loss, joint pain, and Parkinson's disease are also on the list. Low sex drive and difficulty achieving orgasm often relate to low dopamine levels. Many alcoholics and drug addicts, along with people who got to have that cigarette are often dopamine deficient. Raise the dopamine levels and the urges will often go away.

Emotional disorders related to dopamine deficiency are mood swings, being aggressive, getting easily angered, and inability to handle stress. Also common with low dopamine can be fear of being observed, guilt or feelings of worthlessness or hopelessness, isolating oneself from others, and self-destructive thoughts. Depression can be a result of dopamine deficiency, although serotonin and GABA deficiencies can contribute to this as well. Another sign of low dopamine is procrastination. Since deadlines increase dopamine, it's no wonder why so many people finally get their taxes done right before they are due April 15.

Memory and attention issues of dopamine deficiency include attention deficit disorder, hyperactivity, being easily distracted, forgetfulness, failure to listen and follow instructions, failure to finish tasks and impulsive behavior. Who do you know that has many of these signs?

Natural Ways to Raise Your Dopamine

So how can you raise your dopamine levels naturally? It boils down to L.E.T. – Living, Eating and Thinking. First let's look at nutrition.

Tyrosine and phenylalanine are two amino acids that are precursors to dopamine. They both act as pain relievers and can help raise our energy and our ability to handle stress. Foods that are high in these are meat, chicken, duck, turkey, eggs, dark chocolate, granola, cottage cheese, ricotta cheese, low fat, low salt cheeses, yogurt, soy beans, walnuts and wheat germ.

Caffeine raises dopamine levels, but can lower other neurotransmitters. The reason why people stand in long lines every morning to get their caffeine fix at the local Starbucks, and why colas and products like Red Bull are so popular, is they boost dopamine levels. Don't think keeping yourself well caffeinated is necessarily your best strategy, because if you are serotonin deficient, caffeine could give you insomnia. People with a GABA deficiency might become nervous and have palpitations after a cup of coffee. And if you are acetylcholine deficient, you can become jumpy and unable to think clearly. Take a capsule of tyrosine first thing in the morning instead.

Supplements that can help increase dopamine levels are best taken on a full stomach after breakfast or lunch. These include tyrosine, phenylalanine, methionine, glutathione, rhodiola, B-6, B complex, phosphatidylserine and ginkgo biloba. Rhodiola is an herbal stress adaptogen. It can enhance concentration and endurance, uplifting one's mental state and supporting optimal immune, adrenal cardiovascular function even under conditions of severe stress.

Lifestyle factors include meditation and relaxation to recharge depleted dopamine levels from too much "go-go, push-push" living. Alternate nostril breathing taught in yoga, along with yoga postures can also be helpful. Weight lifting and anaerobic exercise can boost dopamine levels and are best done in the morning when you want your dopamine levels high.

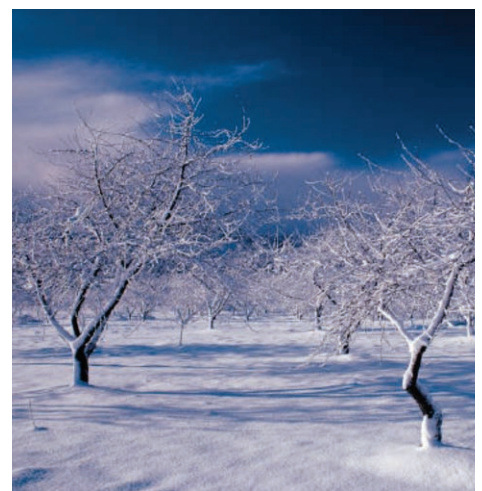
Setting goals that inspire you, establishing deadlines that motive you and listening to motivational speakers can pump up your dopamine levels. Spend time making short term and long term plans. Also keep your environment organized and uncluttered. Avoid cigarette smoke and quit if you do smoke, as cadmium in cigarettes reduces dopamine.

To direct your thoughts in ways that will raise your dopamine, focus on goals and

dreams you want to achieve. What are you passionate about in life? Who are the people that inspire you? What activities, such as sports, dance, music or art, turn you on and leave you feeling great? Spend time doing these activities and being with people who uplift you. In the words of Henry David Thoreau, "Go confidently in the direction of your dreams. Live the life that you have imagined."

John Maguire is the founder and director of the Kinesiology Institute based in Hawaii. He is the host of the "First Thursday" teleseminars for EnKA and is a senior faculty member of the Anthony Robbins Life Mastery University. You can read and hear more about John and his programs at www.KinesiologyInstitute.com. Look for the link on the home page, "Balancing Brain Chemistry" to learn more about the other primary neurotransmitters.

John will soon be conducting an online training on Balancing Brain Chemistry, where he will show you how to use kinesiology to determine what your dominant neurotransmitter is, how to assess possible deficiencies and ways to naturally bring these levels back into balance. For more information on this upcoming course, go to www.KinesiologyInstitute.com and sign up for a free membership.



A Global Problem

Electromagnetic Radiation (EMR)

What is it and what can be done about it?

With 4 billion people using cell phones worldwide, plus “Wi-Fi” hotspots growing at a staggering rate of 25% per year, it is undeniable that the wireless age has arrived ‘with a bang’. While the conveniences and benefits of seamless communication are undoubtedly aplenty, every wireless device we use on a daily basis emits an invisible, yet very real threat to our health. This threat is called ‘electro-pollution’ or ‘electro-smog’, which includes Information Carrying Radio Waves (ICRWs) - that have health experts around the world seriously concerned.

Just a few short years ago, other than a handful of visionary scientists, hardly anybody on the planet talked about the health concerns associated with cell phone and wireless device usage. How times have changed! In the last 12 months alone, an unprecedented ‘avalanche’ of media coverage and political debate about the major health concerns surrounding long term Cell Phone and wireless usage has hit the globe. The world’s largest news outlets such as CNN, USA Today, LA Times, Science News, UK Telegraph, Reuters, Fox News, and even the U.S. Senate have catapulted the public awareness about the electro-pollution issue to an unprecedented all-time high. Here are a few examples of how public the health issue surrounding wireless equipment usage has become:

- The Los Angeles Times recently published an article about “Cell phones and brain tumors: Report revives nagging questions”. In a follow up poll, when people were asked “Do you worry about cell phone radiation”, 95% (!) of people responded by either saying “Yes. I don’t want a brain tumor”, or by saying “[I worry] sometimes...”.

- In the fall of 2009, the U.S. Senate held a special hearing on “Health Effects of Cell Phone Use”, with experts from around the world voicing their concerns about this fast growing health hazard.
- The French government has banned advertising of mobiles to children because of fears of increased risk of cancer from cell phone use. The governments of Germany, Canada, Russia, Israel, Sweden and even the European Parliament have issued warnings and guidelines restricting cell phone usage by children and teenagers, and have mandated stricter radiation limits.

—*Maria Rudnick*

The following two articles by David Dolezal and Maria Rudnick address these issues for us.

Advantages of Q-Link

by David Dolezal



Q-Links are devices that help prevent Electromagnetic Field (EMF) affects on you and reduce your physiological stress. These devices are either passive or active. Passive Q-Links are powered by your body whereas the active units are powered either by AC wall power or power from your computer’s USB port. Passive devices don’t require any battery power so there is no need to worry about the battery running

down. The passive devices Q-Link offers are in the form of pendants and bracelets.

Sympathetic Resonance Technology (SRT) strengthens the body’s biofield or energy bodies that kinesiologists can easily test for. Passive SRT devices contain a crystalline structure that resonates with the beneficial frequencies from the environment and from the body. One of the beneficial environmental frequencies is the Earth’s natural frequency (Schumann Resonance) . The coil that is easily seen in most Q-Link products amplifies the signal from the crystalline structure which then resonates with the body’s own beneficial energies. Thus the name of their technology - sympathetic resonance.

A published paper that provides a fuller explanation as to how SRT works and the research that supports its benefits was written by Beverly Rubik, PhD in 2002. Her full length white paper can be found on the web.

SRT technology has been shown to reduce stress, thereby enhancing concentration and performance of athletes. Many testimonials from golf professionals support improved athletic performance by using Q-Links.

The SRT technology used in Q-Link products is backed up by years of research by Q-Link’s parent company Clarus Transphase Scientific (Clarus). Looking at Clarus’ list of research advisors, one can see an impressive list of scientists. Currently Clarus is on their technology’s third generation of which they call SRT 3.

I have personally verified Q-Link’s power to keep the body balanced around low level electromagnetic fields (EMF) from non-transmitting cell phones, and high EMF sources like very high voltage power lines (standing under the power lines). They were verified by using energy kinesiology on other people and myself while within the EMF field.

I have found that Q-Link products even prevent noxious energies from affecting people. Once noxious energies are located using kinesiology, wearing a Q-Link keeps the body from being affected. Noxious

energies are described in the free dowsing learning booklet called "Letter to Robin" pages 12 and 13 of their pdf version. Energies rising up from underground streams are a cause of noxious energies and is sometimes called geopathic stress or earth radiation. Some research suggests that these 'bad' energies can cause serious disease.

SRT only amplifies the beneficial energies in the body's biological field. It does not store any non-beneficial energy as some have told me about the SRT technology. If someone has unbalanced energies, the person can continuously wear the Q-Link and still have their energies balanced. My experience indicates that unbalanced energies I have found in myself were corrected completely while wearing a Q-Link for the past two years. Whether my unbalanced energies were emotional or physical, the Q-Link has not affected their correction, so based on my personal experience and the extensive Q-Link research indicates that Q-Link devices do not store one's energy state – balanced or unbalanced – it only promotes balanced energies.

Q-Link is the product Debra Green used for the show and tell of her presentation of the effects of EMF radiation on the energy bodies at the 2009 Energy Kinesiology Association conference.

Q-Link products are more attractive than their competition. This is especially true for their Equilibrio line of products. In addition, all Q-Link products include a 90 day money back guarantee.

Q-Link is not an MLM company. When you become a dealer with Q-Link, the profits only go to you and to the company, no middle men. This makes the Q-Link products less expensive than their competitors.

Becoming a Q-Link dealer is not expensive and does not require a long term contract. Only a small inventory of products is required to become a Q-Link dealer. Q-Link will drop ship product directly to your customer's home or office, if you do not wish to tie up substantial amounts of money in inventory.

If you are looking for protection from today's environmental stressors like EMF, Q-Link's are an inexpensive and attractive solution for you or your clients.

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Electro-pollution Issues Solved Today

by Maria Rudnick



With billions of wireless users facing a potential long term health epidemic, the call – coming both from health experts, as well as from the concerned public - for scientifically validated technologies and products to counteract the effects of electro-pollution exposure, has become too loud to ignore.

GIA Wellness formerly known as **Biopro Technologies**, a highly progressive Wellness company located in Southern California, the world's 'hotbed' for groundbreaking discoveries in the areas of biotech and bioenergetics, has answered this call emphatically. The company created a one-of-a-kind, dual-action wellness breakthrough technology called "GiaPlex", which is the combination of a patented noise-field technology, called 'MRET', and a proprietary subtle energy technology called 'ERT'.



MRET was developed by a Russian Nuclear Physicist over a period of two decades. The highly respected "Total Health Magazine" published the following insights about the MRET technology, explaining how and why this technology works so well:

"MRET is the only commercially available, affordable, and patented noise-field technology in the world that has been scientifically proven to successfully counteract the effects of electromagnetic radiation on the human body. It was awarded a Patent by the US Patent and Trademark Office in April of 2002 - not just for the breakthrough polymer composition material from which it is made, but also for the very function and measurable benefits it is designed to achieve. The MRET technology works in a simple, yet highly effective way: The particles within the MRET compound — once stimulated by EMF/EMR — oscillate, emit a low frequency noise-field that superimposes itself over the harmful ICRW. This unique process creates an incoherent, bio-friendly field, thereby practically negating the otherwise inappropriately triggered protective responses by the body's key systems. Metaphorically speaking, MRET acts as a cloaking and 'deactivating' mechanism to the body-foreign ICRW. Since the ICRW are not considered a foreign invader anymore, hence no biological disturbance occurs. Simply put, as soon as the MRET technology is applied, the otherwise troubling radiation is interpreted as just another vibration that basically has become meaningless to the body."

continued on page 12

continued from page 11

The second technology powering 'GiaPlex' is GIA Wellness' proprietary 'Energy Resonance Technology' (ERT). ERT is a unique subtle energy technology that has been proven to measurably strengthen the body's biofield, which is the collective energy field emanating from all cells, tissue and organs in the human body.

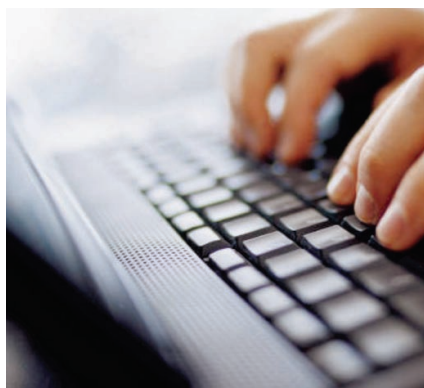
Research has shown that the health and strength of person's biofield is a key driver in the body's own ability to withstand the exposure to all kinds of stressors, including, but not limited to electropollution.

The combination of MRET and ERT — the proprietary 'GiaPlex' technology — creates a unique, dual-action effect for the product user and has been incorporated into a variety of affordable consumer products, such as a small chip that adheres to cell phones, Bluetooth headsets, PDAs, called the 'GIA Cell Guard', as well as to cordless phones, wireless routers, microwave ovens, and electrical appliances i.e. computers, hairdryers, vacuum cleaners, etc. — called the 'GIA Universal Guard'.

The 'GiaLife Pendant' is GIA Wellness highly popular solution to what experts call 'secondary intervention', which is defined as products or technologies that measurable increase the body's ability to successfully respond not only to electropollution exposure, but also to countless other stress-inducing assaults on our body's biofield. The pendant is powered by a combination of various unique hardware components, which are then paired with a proprietary, bio-friendly frequency entrainment process that takes several hours to complete. Once the pendant has been assembled and put through the intricate energy entrainment process, it measurably 'tunes to' and resonates with the biofield of the person wearing the pendant. This energetic resonance effect has shown to strengthen the body's resilience to the effects of multiple stressors, increase a person's energy, focus, mental performance, and state of balance, as well as optimize

one's capacity to thrive — even in an electropollution saturated environment.

Commenting on the foundational elements behind the profound 'GiaPlex' discovery, GIA Wellness CEO and Co-Founder Alfred Hanser says: "With MRET, we've been able to license *the only technology in the world that has been granted a patent as an "Electromagnetic Radiation Shielding Material and Device"*. That alone speaks volumes about how unique and powerful this technology is in counteracting the effects of electropollution exposure. When you couple that with the fact that the scientific concepts underlying our 'GiaPlex' technology have been validated at world-class institutions, as well as covered by respected Science and Health Publications in many countries, what our GIA Wellness distributors and customers have access to with our GIA product line, is truly health- and life-changing."



Knowledge, Responsibility, Opportunity

As a society, the ever-growing exposure to electropollution and other modern stressors has put us in the midst of the world's largest long term health experiment. Intervention against that experiment has clearly become a necessity, rather than just luxury. A famous songwriter once wrote that "Every generation has the chance to change the world". It's the responsibility of our generation, in particular anybody interested in, concerned about, or practicing in health and wellness, to spread the word about breakthrough wellness solutions that are measurably counteracting the effects of electropollution, the fastest growing toxin of the 21st century. With knowledge comes responsibility, yet with that responsibility comes the opportunity to do exactly what the famous songwriter suggested — to change the world for the better.

—**Maria Rudnick**
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Changes and Corrections of EnKA® Members, Feb 2010

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EnKA® Accreditation & Certification

As a new member of the CAB board, and head of the certifications process, I'd like to offer a few simple reminders that will make this detailed process go smoother for both you, the applicant and for those of us who receive your applications. We appreciate each and every application we receive and thank you for your continued interest in being members and wanting to improve your level of practice.

1. Please use the application form provided on the EnKA website www.energyk.org. This helps us move through your application more easily, preventing delays.
2. Stay as close to the amount of hours that are required for each level. For example; Level 1 – 250 Kinesiology hours, Level 2 – 500 Kinesiology hours, Level 3 – 1000 Kinesiology hours. We have to keep copies, and less paper means less bulk in the file cabinet. If you have any questions as you are filling out your application, feel free to contact CAB members for help.

We now have a shortened application form to make the process much easier for you.

Don't forget that any level of this National Certification can be used to work in hospitals in most states. Once you have certification, they can bill insurance companies for your work. Check your state to take advantage of this or apply to a hospital or clinic.

—Joy Del Giudice

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Level 2	\$150.00
Level 3	\$175.00
(Must be EnKA Certified)	
Organizational Membership	\$200.00

Include check made out to **EnKA** with application. Circle membership type and amount. Send your check to: **EnKA, c/o Georgianna Liguori, 11322 Golf Round Dr., New Port Richey, FL 34654 • phone: 727-857-1748 • email: georgiegirl@aol.com**

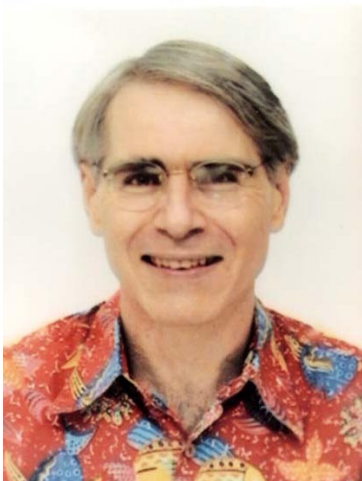
You may also apply for membership and pay dues at www.energyk.org.

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KINESIOLOGY: Muscle Testing or Muscle Monitoring: A Direct Biofeed- back Tool

by Dr. Charles Krebs

(Article 7 in continuing series)



7) The Monitor's Trust in him/herself and "feel" for the Locked or Unlocked state of the muscle often may impact on the outcome of Muscle Testing / Monitoring.

Some people have a "natural" sense for the muscle response, and can easily "feel" the different muscle states, while others have difficulty "knowing" when the muscle has Locked or is Unlocked. However, this is a trainable skill, and with practice, it can become extremely reliable and consistent for everyone — hence the difference in validity and inter-examiner reliability between practitioners with little muscle monitoring experience and those with greater than seven years experience demonstrated in the research literature!

I have seen usually beginning students monitor another person and get a "clear" Lock, but then monitor it again and again because they just did not "feel" the Lock clearly or more often, just did not Trust themselves and what they had clearly felt! Often after a few of the repetitive unnecessary tests, the subconscious will over-facilitate or "block" the muscle response and you can no longer monitor anything as the Indicator Muscle can no longer Unlock, hence there can be no Indicator Change! It is as if the body's innate wisdom is saying — "I told you three times! If you don't trust yourself enough to "listen" to me, I'm not letting you into my biocomputer!"

8) Muscle Testing/Monitoring cannot tell you objectively about Absolute Truths, such as What Level of Spiritually you or another Person has Attained or What is your True Life's Purpose, or Who is your Soul Mate? It can only suggest what areas relate to these Absolute Truths and whether these create "stress" for you subjectively, something important for you to know if you wish to clear these issues to assist in your personal growth!

In this regard I cannot support books such as David Hawkins book, Power versus Force, in which he uses, I would state — totally misuses muscle monitoring, to suggest that anyone, well at least that he can just monitor where you are in your personal development and spirituality! He has actually determined that there is a 1000 point scale with Christ and Buddha both test 1000 (as tested by him), and of course he tests himself as very high on this scale! I consider this type of presentation of the fanciful things that muscle testing/monitoring can do and tell you about yourself and others to do much more harm than good to Kinesiology as a whole, and to damage the credibility of serious practitioners using Muscle Monitoring as an effective biofeedback tool to assist people through their physical, psycho-emotional and spiritual stresses and difficulties because of all of the Bad Press that it gets! (For an example of this point, See Appendix D

— an interview with David Hawkins)

I put his work right up there with what I call the Wee Gee Board School of Kinesiology. In this approach to Kinesiology, which is all too common, a person with very little training believes that the muscle response is a mystical event controlled by a "power" outside of themselves, infallible, and All Knowing! I call it talking to God at the end of the Indicator Muscle! Since God knows everything, I don't have to know anything! They even go so far to justify their ignorance as to state that — "Oh! Knowledge would contaminate or interfere with my Intuition!"

Clearly from the discussion above, the muscle response is very definitely of this World, in fact, has a rigorous neurophysiological basis, even while it may interface with our emotions, thoughts, and even our Spiritual nature!

The fallacy of the Wee Gee Board School is: 1) God is not at the end of the Indicator Muscle, but rather, often a very switched, confused and belief biased subconscious generating many unsubstantiated "Stressors" and ungrounded "Fears" from an external perspective! 2) However, even if God was at the end of an Indicator Muscle — this model suffers another insurmountable problem! Muscle Monitoring only "answers" questions or Challenges generated by the monitor, it can NEVER "ask" questions or talk to you to tell you what to ask next or what you should do!!!! Only knowledge provides you with the tools to effectively utilise the biofeedback provided by Muscle Monitoring!

9) Muscle Monitoring does NOT invalidate or "block" your Intuition, but rather provides an external guide to use your Intuition more effectively! All too often I have heard again and again, "Oh! Using Muscle monitoring will somehow decrease my intuitive abilities!" Quite to the contrary, Muscle Monitoring can assist you to use your intuition in a far more effective way! What intuition often cannot tell you is the context of a "Stress", while it may correctly identify the "Stress" that is

continued on the next page

“Muscle Testing” continued from previous page

present! Sometimes, correctly identifying a “stressor” that may well be highly compensated, and dragging it out on center stage in the person’s Life, may not only be not helpful, but downright harmful!

When we have deep-seated issues, often these are issues that we could not cope with at the time we experienced them and they created great stress in our lives, so to cope we figuratively “buried” them often deep in our subconscious creating effective compensations to keep them “out-of-sight” so we could function once again in our lives. If we follow the Kinesiology

process with integrity, often an issue we may know intuitively is “true” for the person, does come up for several sessions! Well, since my intuition is clearly “telling me” that this is the central issue from the first session — “Why does it take five balances before it finally is revealed through the biofeedback of muscle monitoring?” What intuition does NOT tell you is how this person has compensated their core issue to “protect” themselves, as they cannot cope with this issue up front! What I see happening in these first five balances, is a gentle decompensation of the central issue, which as the surrounding issues are resolved permit this issue to come to the surface when the “stress” of this

issue has been reduced enough and there are sufficient resources now available to allow the person to cope with this issue effectively, and perhaps even provide the means to resolve this issue completely!

The discussion above is meant to provide a reasoned and cogently argued perspective on the Role of Muscle Testing/Monitoring and its use in Kinesiology, particularly Energetic Kinesiology, addressing the mechanisms of Muscle Response, the Power and Limitations of Muscle Testing/Monitoring, and the critical Role of Context in its application. These are my personal views, and are to be taken from this perspective!

To be continued in the next issue.

“The Inherent Symbol of Flow” continued from page 5

the face and front of the torso is called the microcosmic orbit (Mantak Chia and Dirk Oellibrandt: 2004, Taoist Astral Healing). The unimpeded flow of energy in these channels would indicate that the body is fully open. These forms are incarnate in Traditional Chinese Medicine in which energy is expressed through the body by two vessels and 12 major meridian lines.

Also from China, is an internal boxing mediation exercise call Pa-kua (Eight Divinations) where you walk a circle. It is as though you are macrocosmically walking in the universe, affecting and being affected microcosmically by the changes inside your body (Robert Smith and Allen Pittman: 1989, Pa-kua: Eight-Trigram Boxing). One story is of a poor boy Tung Hai-ch’uan from Hopei province who met two Taoists who trained him for eleven years in Pa-kua. After seven years of walking around a tree, it seemed to lean towards him. He then became enlightened and reported it to the Taoists. They instructed him to do a figure-8 walk circling two trees, which he did for two years until it seemed that the trees began to “pursue” him.

Natural Phenomena

Various sources down through the ages say that the greatest wisdom comes from observing nature. In nature, there are two

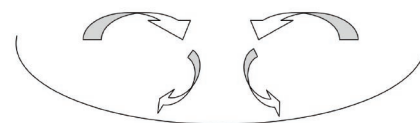
basic symbolic forms: the straight line and the spiral. In symbolic form, the straight line and the spiral as polar-opposites to each other are types of form that create the basis for all form-creations, e.g., circles, ovals, and Cassini curves including lemniscates. They are found in the zodiac and come to expression in its gestures. By simply observing the expanse of the heavens one can reflect on how vast possibilities can be in a universe where each one of us have a part to play as a piece of the whole.

Rudolf Steiner described rhythm as a kind of bridge between the two poles of the sensory and supersensory worlds. “While pressure is the paradigm of physical force, and suction of the etheric, rhythm expresses the constant interweaving of the two in living things” (Whicher.) In a circular form this takes the image of a lemniscate. Water demonstrates clearly this spiral form in vortexes in currents and draining water. Each vortex also has a tunnel of downward suction.

With the slightest resistance, water curls and curves. One result is the meandering course of natural rivers; this meander is the pulse of the river. As water tends to move towards the spherical, it streams to form a vortex, in reciprocating left and right-handed movements.

A river has two natural currents moving in opposite directions from the banks toward the centre of the river and then down

to the riverbed and up to the riverbanks (Theodor Schwenk). Curiously, if you were to cross the river and back following the currents, the moving water streams resemble a figure-of-eight that you can trace with your finger on the diagram below:



Research has shown this water form has fantastic catalyzing properties on its environment. When water flows through seven descending water vessels in the shape of two overlapping ovals “flow forms”, the water swishes inside from one side to the other in each water form in a figure-of-eight pattern assisting in purifying the water. Such a system is in functional use at the Rudolf Steiner Centre near Toronto, Ontario, Canada (www.rsct.ca), as part of a black and grey water treatment system developed by EcoWerks Technologies Corporation ([/www.ecowerks.ca](http://www.ecowerks.ca)). The re-cycled water is used to flush urinals and toilets. The flow forms and movement of water bring and aesthetic value as well reminding us of our responsibility in using our natural resources.

To be continued in the next issue.

“Establishing and Managing a Successful Holistic Clinic” *continued from page 4*

- Monitoring current trends
- Communication skills
- Gathering a wide range of feedback
- Working efficiently, so you can still take care of your own health
- Training and delegating
- Getting used to risk
- Computer jockey
- An open minded attitude toward a range of healthcare approaches

Therapies — Menu or Madness

Herbs, homeopathy, hydrotherapy, hypnosis? Which therapies will you want to work into the selection of your clinic?

You may want to decide on therapies to offer, and then match practitioners to the clinic menu. Or you may want to create a good mix of colleagues, and be less concerned about what, specifically, each one does in the treatment room. Many successful group practices have only kinesiologists, or massage therapists, for example.

What philosophies do you want to represent? Would you allow Venutian love juice therapy on the marquee, if you really, really liked the therapist? (“Maybe if they brought in an avalanche of cash,” your subconscious pipes up.) Seriously, how far is too far? Medical astrology, tarot, intuitive health readings? How about in-office holistic breast implants? Herbal breast enhancement? You need some guidelines before you assemble your team.

Will you offer classes? How about a holistic learning center with adult education sessions? Spa facilities, hair salon, gym, juice bar, babysitting? Overnight accommodations? These all sound plausible, and all have worked somewhere, sometime. But you can’t do everything.

Bottom line, you’d like your clinic to be the Swiss Army knife of holistic care—always just the right tool for the job.

To be continued in our next issue

Author Biography:

Karta Purkh Singh Khalsa is the founder of Seattle’s first multipractitioner holistic health center. He is the course director for the International Integrative Educational Institute, in Eugene, Oregon.

Resources:

Books

Presenting

Weissman, Jerry, *In the Line of Fire*

Weissman, Jerry, *Absolute Beginner’s Guide to Winning Presentations*

Weissman, Jerry, *Presenting to Win*

Business Concepts

Gerber, Michael E., *The E-Myth: Why Most Businesses Don’t Work and What to Do*

About It (and other “E-Myth” books by Michael E. Gerber)

Holloway, Colleen, *Success Beyond Work*

Roseberry, Monica, *Marketing Massage*

Ethics and Personal Development

Benjamin, Ben E., *The Ethics Of Touch: The Hands-on Practitioner’s Guide To Creating A Professional, Safe And Enduring Practice*

Taylor, Kylea, *Ethics of Caring: Honoring the Web of Life in Our Professional Healing Relationships*

Davis-Floyd, Robbie, *From Doctor to Healer*

Internet

Business Plan Software <http://bplans.com/>

Business Mastery, 3rd Edition: A Guide for Creating a Fulfilling, Thriving Business and Keeping it Successful, by Cherie M. Sohnen-Moe, 1997, Sohnen-Moe Associates Inc.

Biz Plan Builder®, Jian Software

“Endless Energy” *continued from cover*

Debra Greene guides the listener through the exercise while soothing music plays in the background.

A news item about Maine and San Francisco both wanting to require radiation warnings on all cell phones caught my eye. Particularly since I’d heard Debra Greene talk about “safe cell” practices. As radiation relates to the vital body, the book describes these practices and offers additional resources. Also, see the articles on electromagnetic radiation in this newsletter, starting on page 10.

Throughout the book, Debra Greene uses easy-to-understand language and real world examples that offer a more concrete understanding of the subtle energy body concepts. *Endless Energy* is a inviting introduction to the subtle energy bodies as well as a practical guide to cultivate and enhance those energy bodies.

~Karen Ownbey



First Thursday Guest Lecture Tele-Seminars

1-858-703-4094

Pass Code: 469585#

First Thursday Tele-Seminars are a free service provided for the enrichment of our members, their clients, and friends. John Maguire will be your host for these informative evenings. John is a world-renowned expert in the field of Touch For Health Kinesiology, who over the past twenty-eight years has taught tens of thousands of people from 75 different countries. He is also a faculty member of the Anthony Robbins Life Mastery University. John is known for his ability to make complex material practical and easy to understand as you will experience. EnKA is proud to have John host these events for us. The 'First Thursday' program runs from 9:15 - 10:30 pm EST (6:15 - 7:30 pm PST).



and network with women's groups to expand our practices and classes.

April 1, 2010 April Guest Speaker:
Marge Bowen, The Mood Matrix – Essential Oils for Kinesiologists 9:15 EST
<http://www.AttendThisEvent.com/?eventid=10817949>

EnKA's own Marge Bowen, Level-3 Certified Energy Kinesiologist, Past EnKA President, and Premier Product Consultant with doTERRA Essential Oils, will present exciting ways to use essential oils to enhance our kinesiology work. Call in on the First Thursday of April, April 1st, for this informative presentation. More details in the next issue.

As always, the number to phone in is (858) 703-4094, passcode 469585#.

First Thursday Guest Speaker Program

These live tele-seminars will be on a wide variety of interesting subjects. However, your input is encouraged. You may participate by asking questions live during the call or by submitting questions in advance by email to firstthursday@verizon.net. Please send your questions at least a week before the speaker's date and be sure to include the speaker's name in the subject line of your email.

If you have suggestions for topics and new speakers just email the information including a brief description of the person's specialty, name, qualifications, phone number, and email address to firstthursday@verizon.net. EnKA will take it from there.

Upcoming Speakers on "First Thursday" Tele-Seminars and Webcast

February 4, 2010, Guest Speaker: Phil Johncock, Internet Marketing Expert 9:15 EST
<http://AttendThisEvent.com/?eventid=10741845>

Phil Johncock, an internet marketing expert, will be our guest speaker on February 4th, 2010. Phil will be teaching us how to use Google, Twitter and Facebook to get more clients and students. Did you know that 43% of searches on Google are people looking for local services? Tune in and find out how you can expand your business with these free and low-cost services.

March 4, 2010, Guest Speaker: Denise Michaels, a marketing expert who works particularly with women marketing to women. 9:15 EST
<http://www.AttendThisEvent.com/?eventid=10858080>

Denise Michaels, author of the book, "Testosterone Free Marketing", is a delightful presenter with amazing skills in marketing, copywriting and sales. She will teach us effective ways to communicate about our services to women

First Thursday Replays-Listen at Your Leisure

Now you can listen at your leisure any time, any day, from any where. To replay previous programs, look below for the specific web address you need

November 5, 2009, Terri Langhans - How to avoid the seven marketing mistakes that everyone is making.
<http://AttendThisEvent.com/Classic/?eventid=9477624>

December 3, 2009, Debra Green, Ph.D. discusses the four Energy Bodies and how to balance them from her book "Endless Energy."
<http://AttendThisEvent.com/Classic/?eventid=9477813>

January 7, 2010, Jim Reid on the History of Kinesiology Associations, Short Cut Balances and Balancing Past Life Experiences. He is the author of the book, "Born Again and Again and Again."
<http://www.AttendThisEvent.com/?eventid=10489152>



EnKA® Energy Kinesiology News

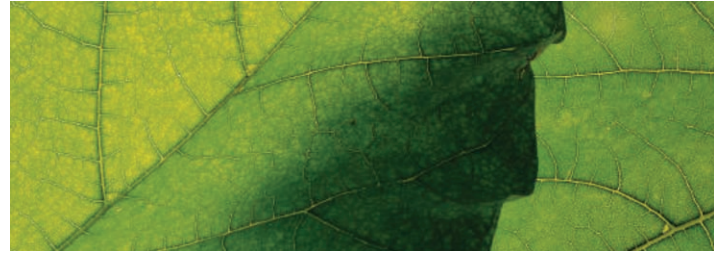
The mission of EnKA® is to unite Energy Kinesiologists, thereby educating, enriching, and empowering the profession, practitioners, and all recipients of this technology.

EnKA® Disclaimer

Energy Kinesiology is a holistic approach to health and well-being, an energetic balance to enhance and support the individual's innate tendency to heal itself. Practitioners do not diagnose, nor treat any specific disease nor condition. Individual results vary. Energy Kinesiology is not a replacement for conventional medical care or therapy. Where appropriate, a licensed medical professional should be consulted.

Volunteers Have More Fun!

Our volunteers are a group of hard working, fun loving people who are dedicated to furthering the profession of Energy Kinesiology. There are lots of opportunities to join the crowd - serve on a committee, write for the newsletter, be a guest speaker teleconference, or join the board. Are you a closet journalist, or interviewer, organizational wizard, natural editor, secret action hero (huh?)? If you believe in Energy Kinesiology, if you believe in helping practitioners grow in their profession and in spreading the word about the wonders of this work, why not volunteer today?



We are going green!

If you still want a paper newsletter, please notify

Georgianna Liguori at 727-857-1748 or email:

infaredrays@aol.com. If she does not hear from you, you will receive your newsletter by email. We need an accurate count of who wants a paper newsletter. Please let Georgianna know within the month. Thank you!

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