Tales From the Clinic

A Story of Release and Healing

By Ronald Wayman and Tami Davis

Michelle was scared and apprehensive. Her condition was “hopeless” according to the prognosis given to her just a few weeks prior to our first session with her. She had tried several medical options but her health was deteriorating quickly with the MS (multiple sclerosis) as the main physical cause. She had physical pain that seemed to consume her thoughts. She had emotional pain that was purposefully pushed aside.

At times of release, Michelle had a giggle that lightened up the sessions, but the positive energy could not hide the numerous painful emotions. Behind the tears were years of rejection, abandonment, immense grief, and pain. Life did not show her the easy path; physical illnesses most of her life, family issues including divorce, financial problems, and when she was young the death of her two siblings to a rare muscle disease. She had been addicted to illicit drugs and possibly other medications. In the meantime her mother was trying to get custody of her children which led to anger and fear. She was not quite sure about her life and any purpose.

When she came the first time, the greatest concern was survival. She had brain lesions and brought scans of the brain to prove it. The doctors diagnosed her with MS. The lesions may have been affecting her with symptoms of pain, headaches, memory loss, coordination issues, prickly sensations all over her body, twitching, tremors, numbness, some speech slurring, and eye focusing problems.

As we were testing her, several areas of the brain (like superior colliculus, the RAS, the Oculomotor nerve) showed stress. Chromosomes, neurotransmitters (like acetylcholine and histamine), hormones (and interestingly, the ciliary neurotrophic factor), the intrinsic eye muscles, minerals (like potassium), and several chromosomes all came up showing stress. With all this stress, it was apparent that vision and several aspects to the vision pathway was the priority to the first session.

Naturally, we brought questions about “What do you want to see?” and “What are you afraid of seeing?” She resisted at first, but realized that she was afraid of her own death and leaving her three children alone. The memory of dealing with the deaths of other family members weighed heavy. She was afraid of living and facing the daily challenges of life with or without pain; including finances, sexual issues, drugs, past relationships, and just wanting to escape and run away. In an energy kinesiology session, the intention was to help her to become responsible for her choices and finding joy in the path, not in escaping the path. However, pain and fear was so dominant that helping the body to start feeling safe, calm down and feel release of some burden and pain was the main focus.

Due to her sensitivity, she could feel some of the flowing of energy in her body. But she was a little nervous about what this all meant. Did this energy mean she would never have problems again, or did it mean a temporary fix to a chronic problem? It was neither. It was the start of the body’s attempt to connect and begin a path of healing; a path of creating congruency of her mind, heart and body. In living a life of escape she didn’t realize how incongruent she had become. She wanted to be a good mother, but her addictions, pain, and fear kept her from “showing up” fully for her children and her 2nd husband.

So with subsequent sessions, as she de-stressed the energies associated with the physical aspects of her body, she calmly de-stressed the emotional pathways of the brain and body. She gradually communicated the stresses of a wild life without the tools for balance.

Physically, the body showed stresses from so many areas that it was an education just to work with her. MS has so many symptoms and inherit problems that following pathways with the intention of prioritizing was essential. The relief of the stresses along the vision pathway was a marker of early success that gave her some hope in her hopeless condition. (She had many vision symptoms including: the optic neuritis, inflammation of the optic nerve, and nystagmus, involuntary saccadic eye movements).

Multiple sclerosis (MS) is an inflammatory disease in which the fatty myelin sheaths around the axons of the brain and spinal cord are damaged, leading to demyelination and scarring. There are many symptoms associated with MS (continued on p. 2)
MS; including the symptomatic problems and disorders with the neurology, visual, muscles, speech, coordination, pain, fatigue, bladder and bowel difficulties, and cognitive issues.

There are so many symptoms and variety of symptoms that most people focus on the symptoms and just find ways to get some comfort. The muscle pains, spasms, stiffness, numbness, tingling and balance are usually the dominant complaints. But as in Michelle’s case she had headaches, body aches, visual problems that included nystagmus (saccadic rhythm), optic neuritis, and phosphenes (seeing random light internally). Michelle’s memory was rapidly being challenged by her situation and her fatigue was becoming overwhelming.

MS affects the ability of nerve cells in the brain and spinal cord to communicate with each other. The covering of the axon fibers is called a myelin sheath. In MS, the immune system attacks and damages the myelin. Once the myelin is gone or substantially damaged the axon can not effectively conduct an electrical signal. As these myelin sheaths are destroyed, they are being scarred. Multiple sclerosis refers to scars (or plaques or lesions) mainly in the white matter of the brain and spinal cord, which is mainly composed of myelin.

The lesions are common themes for the MS individual. Stem cell therapy or the controversial prokarin method are the only claims in the medical field that show success. In our work, after easing the stresses of the muscle spasms and supporting the nutritional needs that showed, I found that doing work with the chromosomes, DNA, viruses, estrogen and other hormones, vitamin D, and neurotransmitters and their receptors like histamine, adrenaline, nitric oxide, acetylcholine, serotonin, and norepinephrine was very beneficial. Brain wave patterns like the alpha, beta, delta, theta, etc. showed stress which was part of her sleep issues. Without sleep, there is little hope of someone really healing. As we worked with the brainstem and the RAS (reticular activating system) she gradually started to calm down.

With energy kinesiology, we are assisting the body help itself release the stresses that are so built up that the body is in constant conflict. She had so many survival issues with each session that we noticed she would replace one story for another, one illness for another. It was as if she was picking the illness of the week. Unfortunately for her she was choosing the painful ones.

As we took turns helping her with energy kinesiology sessions, it became apparent that there was a strong payoff for being sick. The symptoms of the MS condition started to lessen but within a month or two the other conditions were diagnosed.
to share sincere and tender love between members of her family growing up; thus blocking her ability to experience this with her own children and husband. Pain of loss was greater than the physical pain.

This fear of loss of close relationships brought tears that are difficult to describe. It reminded her of the intense pain of her physical illnesses but much deeper.

So with a new awareness of not running from “connecting” to those whom she loves she started to heal faster and easier. The various neurotransmitters, emotional pathways, muscles, neurolymphatics and organs that showed stress began to release with less resistance and more hope. Embracing real love replaced the addictive behaviors, her escapism, delusions, and pain.

Michelle recently received amazing news. The scans showed no large lesion. As some were baffled and confused, she was clear that the healing was not only of her brain and body but of her heart and soul.

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Both Ron and Tami are energy kinesiologists in the Utah and Oregon areas. Ron has two decades of service in the field and Tami is nearly at a decade. They offer professional energy kinesiology courses including a bachelors of science complementary health program in energy kinesiology and all of Hugo Tobar’s neuro energetic kinesiology courses. It is all explained at www.acnek.com. You can email or call at 801-566-6262.

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Some creatures display amazing skill and apparent sensibility in constructing their environment – some species of birds weave beautifully intricate patterns of sticks and grasses into their nests. Often birds decorate their nests with feathers from their own breasts along with bits of yarn, scraps of fur – what contemporary artists value as “found objects.” The nest may be created by the female, in preparation for the coming of her eggs, or may be created by the male seeking a mate.

Some animals, in following their natural instincts, seem to almost access creative problem solving. Think of blood hounds; competition sheep-dogs running relays through tubes, over barriers and through hoops; the recent revelation in the New York Times about the dog that “understood” a vocabulary of over a thousand words.

But it is humans whose creativity can put a man on the moon, come close to eradicating a deadly disease, and compose music that will bring tears to your eyes.

Today, functional MRIs show us that different sections of the brain engage when a musician plays memorized music vs free-flowing improv. And amazingly, when two musicians play with improvisational call and response... the language centers of the brain light up!

True creativity forges new paths, shows us patterns we have never before considered. True creativity shakes up our concepts of reality so much so that we sometimes shrink from it. At our best, we embrace the new vistas it suggests. The thinking of Einstein, Fritz Albert Popp, and Madame Curie; the writings of William H. Borroughs, Maya Angelou and Stephen Hawking; the music of Stravinsky or Jimmy Hendrix; the philosophy of Betty Frieden and Simone de Beauvoir, the art of Pistoletto, Nevelson or Pollock – these geniuses shattered the foundations of the norm by thinking so far outside of the box that the box became superfluous. These were truly creative thinkers.

So, let’s get creative! EnKA® began with the dream of being a place where all of the Ks would come together, in common learning, cause and efforts. Let’s make it happen. Let’s create One World of Energy Kinesiology with many forms of creative expression. Manifest!

Cathy

Photo Credit: www.epa.gov/gmpo/education/photo/birds-animals.html
Get ready to “Expand Your Horizons” in Santa Fe!
This year EnKA® is going to the Southwest.

EnKA®’s 18th Annual Conference -
SEPTEMBER 14-18, 2011
Low rate of $395* Through June 30, 2011
- *Members receive a $50 discount.

We are so excited to be having our 18th Annual Conference in Santa Fe. The area is known for its progressive thinking, healing energies, spirituality, indigenous and diverse peoples, multiple arts, great cuisine, and exceptional regional beauty. We are expecting many from Albuquerque as well as Santa Fe itself to be in attendance. It will be a real treat to meet and have an interchange with such like-minded, interesting people.

Due to the size of the holistic community there, EnKA® has decided to do heavy local advertising for the first time ever. Included will be magazines, bookstores, co-ops, massage schools, health food stores and radio. EnKA® is actually a Sponsor for Transitions Radio Magazine. The radio advertising will include many 20 sec. and 60 sec. spots, so that

ENKA® will have a mention each hour of the three hour weekly show. In addition, EnKA® will have monthly radio interviews with 6 of our speakers over the next six months! The Transitions Radio program airs in central and Northern New Mexico on 98.1 FM (Sundays 8 to 11AM) and on-line at www.transradio.com

This is a conference you must attend. Here are some additional reasons why!

Presenters for “Expanding Horizons of Wellness” will include:

Dr Howard Fisher (Canada) is a natural physician specializing in Anti-Aging medicine. This highly sought after lecturer is on a mission to educate and enlighten the world about the toxic factors that exist in our environment and their direct relationship to our health and functional metabolism. His current lecture series that he delivers to both Medical Anti-Aging Conferences and medical schools world-wide, makes both professionals and the public aware of the omnipresent threats present in our immediate environment that effect the rate at which we age and gives insightful plans of remediation. “The goal of anti-aging physicians is to optimize the physiological function of the body. In an effort to help people move from the chronological clock to the physiological clock, we must find a way to diminish the harmful environmental factors. Electromagnetic Radiation (EMR) is certainly one of the most significant environmental factors.” Dr. Howard W. Fisher is a member of the Scientific Committee of the Dubai Congress on Anti-Aging & Aesthetic Medicine (DCAAM), and on the Scientific Advisory Board of many companies.

Dr. Fisher will share with us his research of compelling, irrefutable evidence of the current dangers posed to the health of adults and children from electromagnetic radiation and some of the interventions available at the “Expanding Horizons of Wellness,” Santa Fe conference.

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Rod Briggs (South Africa) is a sought-after international lecturer and consultant whose area of expertise is in the mind sciences. He lectures on Stress Control, Trauma, Emotional Aptitude, Problem Solving, Interpersonal Relationships, Crisis Management, Personal Performance, Situation Awareness and Psycho-Neuro Immunology (to mention a few) to government departments, military and peace keeping forces, members of the medical fraternity, health departments, and corporate and private groups from all over the world. In addition to this, Rod works as a highly respected mediator and consultant to corporations, families and private groups.

When he speaks, hearts open, minds become inspired and people become motivated. His teachings are gentle, fun and informative with entertaining stories, transformational wisdom and insights.

Rod was born in the UK with only one working lung, which left him a virtual cripple and unable to participate in the compulsory two hours per day sports sessions at the English Grammar School at which he was educated. He was, instead, relegated to the schools’ eight hundred-year-old library, which he saw as an opportunity to study the mind sciences in his search for ways of overcoming his physical inadequacy. These studies included many and various philosophies and mental disciplines, which enabled him to triumph over his disability. He relocated to South Africa at thirteen. His studies were varied and many. This diversity and various experiences led Rod to developed The Neurobiology of Excellence.

Rod will be giving an “edutaining” talk at the Santa Fe conference, full of tools which will deliver immediate, practical benefits of simple, fail proof, ways of training the brain for optimal use for healing, personal development and peak performance. He will share the correlation between operating at peak performance and specific brain rhythms. The latest brain research has shown that the more cohesive our brain functions the better we heal – up to 10 times faster than normal. Simple techniques to access the parts of the brain that engender whole brain activity will be discussed. (2 day post-workshop)

Hugo Tobar (Australia) founder of the International College of Neuroenergetic Kinesiology is well known as an international speaker and instructor. He is a brilliant innovator. Hugo Tobar is the founder of ‘Neuroenergetic Kinesiology’ and has been writing and developing courses since 1998. His rich cultural background comes from studying Civil Engineering in Ecuador and Australia. Hugo lived for 3 years in India experiencing Eastern philosophies. After discovering Kinesiology while in India, his journey took him through many highs and lows. Hugo studied Kinesiology in Melbourne with notable Kinesiologists Charles Krebs PhD, Chris Rowe and Kerryn Sedgeman. After attaining the diploma in Kinesiology from the college in Melbourne, he continued his training with Charles Krebs PhD (founder of LEAP), Richard Utt (founder of Applied Physiology) and Ian Stubbings (founder of the Stress Indicator Point System (SIPS)). Hugo’s work, Neuroenergetic Kinesiology, is now considered a major force in modern Kinesiology, with practitioners of his method all over the world. He has written over 30 courses and continues his prolific development of material that also had a deep impact in other areas of Energy Kinesiology.

At this conference Hugo will provide information on the chakra holograms and show how to set up the client balances using meridians and chakras, then correcting these with acupressure. Hugo says: “Any way to understand the nature of an imbalance results in expanding ones direction towards wellness.” You will find Hugo to be an expert at explaining different energies, client set ups and formatting. (4 day pre-workshop)

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Brian Haraga (Canada) began using muscle testing for his horses at age 15. By 16, an auto accident left him paralyzed. Al Berry’s Energy Kinesiology work enabled Brian to recover and get back to rodeoing. Brian’s work reflects his life lessons as well as his in-depth study of the body (human and animal) and how it works. Brian has more than 25 years of experience working on people and with all kinds of animals. Brian is an instructor for Touch For Health, Body Management, Equine/Pet therapy, Live and Dry Blood Cell Analysis, and a former Educational Kinesiology Instructor. Brian is also a professional Energy Kinesiology Practitioner in Canada, and incorporates many other modalities into his practice.

At the “Expanding Horizons of Wellness” conference is Santa Fe, NM, Brian will be showing at a cellular level the positive, proven results with combining Body Management and Blood Cell Analysis before and after photos. Brian says: “Clients gain greater awareness by seeing what is happening inside the body as well as feeling it.” You will find this presentation to be exciting, educational and eye opening. Brian will ask for a volunteer from the audience for his presentation. (2 day post-workshop)

Lorraine Moller & Harlan Smith (Bolder, CO) run the Khemu Institute based in Boulder for research into biofield technologies, modalities and consciousness explorations. Lorraine and Harlan studied different energy modalities to apply to high performance sport. Lorraine won a bronze medal in the marathon at the 1992 Olympics at age 37, and using a similar energetic approach gave birth to their first child at age 45. In 2004 Lorraine and Harlan hosted an Australian healer named Cameron Dawson who astounded them as they witnessed seemingly miraculous and instant structural changes in person after person. Today Harlan and Lorraine use ‘The Dawson Program’ in conjunction with Poly-contrast Interference Photography as taught to them by its inventor, Dr. Harry Oldfield of England. Harry developed PIP in the late 1980s using microchip technology and developed a scanner that could provide a real time, moving image of the body’s energy field. He believed the future of diagnosis lay in finding an effective scanner that can see imbalances in the energy field rather than a disease in the physical body. Harry devised a computer program that would analyze the different light intensities being reflected from the person or object being scanned.

Lorraine and Harlan will be sharing different energy photos from their library taken by Poly-Contrast Interference Photography, which reveal energy patterns of chakras, meridians and light interactions with the environment. They feel PIP is the best system available at revealing patterns of energy in and around the body. PIP displays a live image on a PC monitor where the electrical signals from a video camera are graded into clearly visible colors representing a much finer gradation of light intensity than the image entering the camera. Light intensities are distinguished in a way that is beyond the capabilities of the human eye. Easily discernable are abnormalities, blockages, weaknesses and energy leaks.

An overview of PIP analysis will be given, and later, attendees will be invited to participate in a live demonstration of PIP. If you wish to be a model, bring light colored shorts and a jog bra or similar for women, or tight fitting white unpatterned clothing. Exposed hairless skin gives the most information. Long hair should be tied back. (1/2 day post-workshop)

Kathie Guhl (Sonoma, CA) is a past President and VP Conf Chair for EnKA®. As a dedicated Energy Kinesiologist she has served this organization and her community for many years. Just back from volunteering in Africa in a different capacity, Kathie is always ready to help and share her knowledge and expertise in whatever ways she can. She is an international instructor of her own certified EnK courses for over 20 years. Kathie worked for many years with Richard Utt (founder of ‘Applied Physiology’) and Gordon Stokes (founder of ‘Three in One’) even developing courses for them. She has been instrumental in developing and teaching the three EnKA® ‘Ethics’ classes to our members. In Santa Fe, Kathie will discuss “Seeing Thinks Differently.” She says: “As Energy Kinesiologists, we have the tools to address the ongoing cycle of child abuse in our communities, on both specific and general levels, as well as trauma in all its forms. Our field offers options not previously available to those in recovery and their professional helpers. We can look toward the beginning of an integration process by

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preparing ourselves to work with clients through a comprehensive approach, helping the client move from victimhood through survival and finally on to thriving.” Other issues such as divorce, car accidents, PTSD, some ADD and ADHD issues, financial reversal, job loss, and many more traumatic circumstances can be addressed using these principles. (2 day post-workshop)

Dr. Debra Green (Maui, Hawaii) has spent over 20 years traversing the dimensions of science and spirit. As an energy health specialist, she combines the best of ageless wisdom approaches with modern science in her clinical practice, writings, workshops, and nationwide media appearances. She is the founder of Inner Clarity (IC), an energy-based healing modality, and author of the acclaimed book, Endless Energy: The Essential Guide to Energy Health. Debra has worked with thousands of clients and taught hundreds of workshops. She is recognized for her ability to get to the core of energy imbalances and facilitate lasting improvement.

Debra will share the Inner Clarity Four Bodies Protocol she has developed. Many find that at times, persistent energy imbalances re-occur regardless of efforts to correct them. In this presentation Debra describes and demonstrates an effective protocol for accessing the deeper layers of such disturbances. The protocol Inner Clarity recognizes four main energy bodies that comprise the human energy constitution. By using the IC protocol, the deeper mechanisms of an imbalance can be accessed with the assistance of energy-testing. Once these deeper mechanisms are laid bare—and brought into conscious awareness—a full and more permanent balance can take place. Debra will demonstrate these balances.

These are just a few of the exciting presenters that will speak at this year’s “Expanding Horizons of Wellness” conference. More presenters will be highlighted in the Summer issue of the EnKA® Quarterly Newsletter. This year’s conference will be 5 days, with 20 speakers and 15 (discounted) workshops! Get more details at energyk.org. We look forward to seeing you there in Santa Fe!

Don’t wait and miss out on all the fun, excitement, information, food, friendship and energy!

Since the space for this exceptional conference is very limited, and prices are unbelievable low, we recommend that you reserve your space, while you still can. Register on-line today at energyk.org.

Please see accommodation info on p.9
Accommodations

“Expanding Horizons in Wellness” will be held at the Fort Marcy Suites in the heart of town. Located on 9 lovely acres, just four city blocks from the main square of delightful Santa Fe, where you will find charming museums, shops, restaurants and curiosities. Our accommodations are actually condos at fabulous prices! All condos have full kitchens and are beautifully appointed. wwww.allseasonsresortlodging.com/santa_fe/fortmarcy/hotel. Mention the EnKA® Conference for our special low rate:

1 BR/bath, 800 sq ft: $99/night;
2 BRs/2 baths, 1,100 sq ft: $149;
3 Bedrooms/2-1/2 baths 1,800 sq ft: $209 / night. This unit is 2 levels.
New & Improved!

Announcing:

We’ve Streamlined The Accreditation Application Process!

By Joy Del Giudice, CAB Chair

We all know how important the Accreditation of classes is:

- More and more students are working towards Certification.
- We have a five-year focus on growing the organization, drawing in more Kinesiologists as well as related Health Care Professionals.
- As complementary Health Care becomes more and more mainstream, it’s important that we as a profession, and EnKA® as our professional organization, show that we recognize the importance of setting a high standard for ourselves as practitioners as well as teachers.
- And, important for you as authors and teachers, Accreditation can draw more people to take your classes. So it’s with great pleasure that I announce that we have simplified the Accreditation process! Please take a look at the online instruction package. Here’s the URL: http://www.energyk.org/index.php?option=com_content&view=article&id=31&Itemid=23

Simply click the Accreditation Package 2010 link and download to begin! Feel free to e-mail for assistance; and I’d love to hear your suggestions to make this process even more efficient! Please e-mail me at livingjoyus@gmail.com.

Additional benefits of accreditation include:
- List your classes in a monthly e-mail to members, with the Accreditation designation!
- Reach beyond membership to the general public via on-line advertising on the EnKA® website.
- List your classes in the Quarterly Newsletter, with the Accreditation designation, – sent to members and to other Energy Kinesiology organizations.
- You’ll get discounted rates to advertise your classes in the Quarterly Newsletter.
- We’ve begun dialog with the Canadian and Australian EnK associations to join hands and offer mutual Accreditation amongst our organizations – this will open a world-wide student base for your classes!

Remember, listing your course(s) on-line and in the monthly e-mails and quarterly newsletter allows students to find you more easily. The web site and quarterly newsletter enjoy a wider audience—virtually limitless. Additionally, your listing will highlight that your class is accredited. Certified members are required to take CEUs, and your course will count! Join a growing number of teachers who are proud to hold a professional standard of excellence in Energy Kinesiology and proud to work towards growing Energy Kinesiology in the USA as an acknowledged alternative healing profession.

Become a Member

To further support our professional image, we now require that all teachers be members of EnKA®. To help you get started, if you are not currently a member, you’ll receive EnKA® associate membership with your first time course submittal, our way of saying “welcome!”

Members spread the word!

Members! Is there a course you’d like to take but it’s not Accredited? If you know of a course that you would like to see included as an Accredited offering, let that teacher know to contact us. If you know of good teachers that are not currently members of EnKA®, please encourage them to submit their course(s) and join us as we grow our numbers and our profession nationwide.

Thanks for your time and your support of EnKA®

Blessings

—Joy
2011 Conferences Around the World

2011 IASK Conference
May 13-15, 2011
Stockholm, Sweden
http://www.iask.org

Presentations:
- Mac Pompeius Volontis - Neurolymphatic reflexes and priority gland/organ
- Nicolette Peyre - Face Language
- Björn Westin - Deepening the link between acupuncture and kinesiology
- Ignez Carvalho - Systemic lymphatic drainage
- Diego Vellam - What is kinesiology – what it is not
- Harald Blomberg - Rhythmic Movement Training
- Sandy Gannon - Feng Shui and Touch For Health
- Sabine Rosén - TBD
- Philip Rafferty - A one minute TMJ test and the 5 minute correction balances

Workshops:
- Magnus Birk Clausen - Helping Kinesiologist to do Research
- Harald Blomberg - Rhythmic Movement Training for chiropractors and massage therapists
- Björn Westin - Ear-Acupressure combined with Kinesiology

TFHKA Conference
Greenville, SC
July 7-10, 2011
Furman University.

Speakers Include:
- Dr. Hancock – CranioSomatics for TFH
- Danny McLane – Goal Setting
- Naomi Tickle – Reading Faces to Understand People
- Mary Jo – Multi-Dimensional Healing
- Mary Jo and Larry Green – Energetic Therapy with Animals
- Wayne Topping – Contributions from Biokinesiology
- Earl Cook – TFH Mindfulness and Brain Plasticity
- Matthew Thie – Clinical TFH
- Michelle Greenwell and Rashida Naraharasetti – Dancing to the Rythms of the Cosmos
- Dr. Bruce Dewe
- Dr. Sheldon Deal
- Stephanie Shipper - NLP

EnKA® 2011 Conference
September 14-18, 2011
Fort Marcy Suites

Speakers Include:
- Rod Briggs
- Dr. Howard Fisher
- Harlan Smith & Lorraine Moller
- Dr. Debra Greene
- Brian & Eva Haraga
- Kathie Guhl
- Richard & Shanti Duree
- Dr. Warren Jacobs
- Tom Stone

Full details at energyk.org
KINESIOLOGY: Muscle Testing or Muscle Monitoring: A Direct Biofeedback Tool
by Dr. Charles Krebs
(Article 11 in continuing series)

A Neurophysiological Model for the Emotional Control of Muscular Response.

Why your Arm goes “Weak” when you Feel a Negative Emotion or Think a Negative Thought?

The Emotion-Brain Interface

While it’s fine to suggest that output from emotional areas of the brain - the Amygdala, Hypothalamus, PAG, etc. - initiate the neurological response to emotional stress, with the rest just being a neurological cascade down through the brain from these limbic and reticular areas to the Gamma 1 motor neurons, and their effect on the Nuclear Bag fibre control of the muscle stretch reflex, it begs the question - How does the subtle energy of the astral and mental bodies in which “emotions” and “thought-forms” are created interface with the emotional areas of the brain?

What follows is totally speculative, but it at least provides a cognitive model to understand the muscular response to emotional states. "Thought-forms" (mental body phenomenon) and "vibrational patterns" associated with emotions (astral body phenomenon) are both generated in the subtle vibrational bodies of man, but are then "stepped-down" into etheric energy patterns (energy patterns in the meridians of Chinese Acupuncture), which are in turn “transduced” into physiological patterns of nerves firing within the emotional centres of the brain such as the Amygdala and PAG. Neural output from these emotional centres then follows the neurological cascade given above to the Gamma 1 motor neurons that ultimately results in either “over-facilitation or under-facilitation” of the muscle being monitored.

Perhaps an example will clarify the rather detailed description above. You have cleared an indicator muscle and performed all pre-checks. You then ask the person, “Think of your Mother/Father!” and monitor the indicator muscle - there are three possible responses: (1) The muscle “locks”, and when sedated unlocks demonstrating homeostasis, and hence no stress to whatever thought-forms were accessed; (2) the muscle “locks”, but will not unlock when sedated demonstrating “over-facilitation”, a state of compensated stress; or (3) the muscle “unlocks” registering overt uncompensated stress.

In this case, the muscle unlocks. According to above model, the “thought-form” generated an astral body reaction to the associated stimulus - Mother/Father, and the astral emotional pattern distorted the denser etheric body of the acupuncture system, and this distortion was in turn transduced into an electromagnetic pattern that altered the neural firing patterns within the Amygdala. This pattern of neural activity in the Amygdala was then projected to the Hypothalamus, PAG, and other midbrain nuclei, etc. as well as directly to reticular nuclei in the brainstem. These reticular nuclei in turn relayed this pattern via the Medial and Lateral Reticulospinal and other reticular fibres to the interneurons in the spinal segment containing the Gamma 1 motor neurons innervating the Nuclear Bag fibres of Spindle Cells within the indicator muscle. This change in Gamma 1 input to the Bag fibres suddenly inhibited or turned down the tension of the Bag fibres. The sudden slackening of the Bag fibres caused the threshold for the muscle stretch reflex to dip below the stretching caused by the muscle being monitored, and thus the muscle just gave way under the monitoring pressure - and the indicator muscle unlocked.

The unlocked indicator thus indicated some type of emotional stress for this person around Mother/Father. The person may even state, “I get along very well with my Mother/Father, and we love each other!” This may well be their conscious understanding of their relationship with this person, but the indicator muscle just demonstrated a “stress” reaction informing the person and the monitor that somewhere in this person's subconscious there lurks some unresolved issues. This is not surprising when you note that the muscle response was controlled not by the conscious part of the brain saying "hold your arm up", but rather by the subconscious emotional centres beyond our conscious knowledge or understanding!

While the nature of the subtle body interface with Amygdala and PAG are as yet unknown, the etheric effects of acupuncture point stimulation on the neuronal firing rates and patterns in the Amygdala have been demonstrated (5). Stimulation of specific acupoints have been shown to alter the discharge rate and pattern of firing in specific neurons in a rabbit Amygdala. Stimulation of another acupoint caused a different pattern of neural activity in the same Amygdaloid neurons, while the exact same stimulation of non-acupoint “sham” points had no effect on the rates of neural discharge in these Amygdaloid neurons.
In a simplified flowchart form, the above discussion can be presented as:

| Thought-form or Negative Stress | Astral emotional pattern distortion | Etheric pattern distortion |
| Change in firing pattern of Amygdaloid neurons | Projection to reticular nuclei of brainstem | Reticulospinal pathways |
| Interneurons in spinal segment | Gamma 1 motor neuron output to Nuclear Bags | Change in Bag tension |
| Under- or Over-facilitation of muscle | Muscle Unlocks or “Jams/Blocks” |

The Emotion-Muscle Interface for Golgi Tendon Organs.

In Figure 1B it can be seen that the GTO’s also have interneurons between the input from the sensory fibres of the GTO capsule and the motor neurons controlling muscle response. The same Reticulospinal pathways carrying the emotional “content” of the Amygdala reaction to a “thought-form”, could also change the “set-point” for the GTO threshold for muscle inhibition. Should the Amygdala reaction relayed by the Reticulospinal pathways strongly inhibit the GTO circuit interneurons, the GTO output would need to be very high to cause any degree of reflex inhibition - hence the muscle would monitor “under-facilitated” and unlock.

It is interesting to me that the more I come to understand the nature of the intricate and complex nature of the multidimensional human being, the more awe and fascination I have for this truly amazing piece of work that is Man! And how amazingly we work!

References:

(To be continued in next issue.)

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.
AGM and the Board Election

Last month we introduced you to Debbie Bulgher and Heidi Bradley Novak. This month, meet Dianne Gellatly, and, get to know returning board member Mary Lou Firth-Irving.

The Annual General Meeting of EnKA® was held in Salt Lake City on Friday, October 8th, 2010. The election of new board members was the main focus of the meeting.

Heidi Novak was elected VP Membership.
Karen Owenby was elected Treasurer.
Diane Gellatly was elected Secretary.
Other Board Members elected:
Mary Lou Firth-Irving was reelected to serve another term.
Debbie Bulgher was added to our board.

We are still in need of a VP Conference, and several other important positions, including: Web Content Manager, Nominations Committee, and, volunteers to work on the 2012 Conference (yes, NOW! Volunteer today and take advantage of the coming year to learn the ropes from the 2011 volunteers!) Contact Cathy at ahealingplace1@verizon.net to learn more about these opportunities to get involved, give back, learn and have fun!

Diane Gellatly

Diane has now transitioned into Geriatric Manager Care that focuses on providing holistic services to this community. She is also in the process of obtaining her Holistic Nursing Specialization. Diane has a personal passion for health, nutrition and physical movement. Diane became aware through her nursing experience that people’s ‘dis-ease’ and illnesses seemed to encompass more than the physical body, which led to studying the Energy Kinesiology Practitioner Program (BKP) through the International College of Healing Arts. She is now continuing her studies and completing the Professional Kinesiology Practitioner (PKP) program.

She joined EnKA® as a member and saw the benefit this organization offers this growing modality. Diane is excited to be a part of such a passionate organization in the role of Secretary and is looking forward to the growth of EnkA*

Mary Lou Firth-Irving

We are blessed with another three years of Mary Lou’s can-do, down-to-earth, soulful presence on the board. Mary Lou agreed to run for a second three year term and received a resoundingly unanimous vote of confidence both at the AGM and from those of you who couldn’t attend the conference, through the survey election.

Mary Lou writes: “Living in Canada makes staying involved with EnKA® a real challenge. But I enjoy being a board member so much, even from so great a distance, that I look for ways to stay connected and stay active. I look forward each year to getting together with all of you at the conference. Look for me at the registration tables, my favorite ‘conference task’ - I get to meet everyone! And then, besides our monthly teleconference board meetings, we all get together again face-to-face at the mid-year regional board meetings (we call them ‘pods’). Board members gather with people who live near them for this weekend working meeting, at several locations around the country (USA). Well, since no-one lives near me, I travel to the Florida pod. So I get to add some sun-shine and warmth to my weekend of hanging out with friends and fellow board members and getting alot of work done!”

EnKA® is an amazing organization of many incredible people, past and present. The board, both past members and people currently serving, is an ocean of talent, dedication, and heart! We have accomplished so much over the years, with integrity and intention. And there’s much more work to do! EnKA® is the future. Here we all come together in support for all K’s. I do believe we will live to see all the K’s united, in common cause for mutual support, public education, and advancing the cause of bringing this wonderful healing work to the world. Our organization has integrity, commitment, vision, and provides support for all its members. I am proud to say I have been a part of this EnKA® and all we have accomplished.

My K’s are Touch for Health and Vibrational Kinesiology-Dawson Program. What I love about the Dawson Program is its versatility, the way it weaves the physical, emotional and mental balancing and releases past trauma. I’m very proud to be a Teacher/Practitioner of Touch for Health, and the International Representative and Instructor for the Dawson Program. Wherever I go to teach and practice, I talk with people about Energy Kinesiology and about EnKA®, spreading the word world-wide!

Get Involved!
E-mail energyk.org
To find YOUR place!
Making The Law of Attraction Work for You

By John Maguire, Director of the Kinesiology Institute

www.KinesiologyInstitute.com

Have you seen the movie, The Secret? The Secret is about a universal law of nature (just like gravity) that determines our health, relationships, success or failure. Most people don’t even know it exists. It’s called “the Law of Attraction.” For the scientifically-minded, you can think of it in terms of thoughts and emotions being a form of energy. Your thoughts, beliefs, emotions, and intentions create an energy field that “attracts” events, people and circumstances to you like a magnet.

This works both positively and negatively. If you focus on and believe in your doubts and fears, things will tend to NOT go your way. If you focus on and believe in your dreams and best intentions, you will attract people and circumstances to assist you in their manifestation, sometimes almost effortlessly. In the words of Henry Ford, “Whether you believe you can or you believe you can’t, you’re right!”

Where do our thoughts and beliefs come from?

Our thoughts and beliefs begin to form from the moment we’re born, actually even when we are in the womb! We receive and interpret messages, both verbal and non-verbal from those around us – our parents, caregivers, teachers, other kids, the church and the media. These messages affect how we perceive our world, as well as how we think and feel about ourselves – our identity.

The challenge for most of us is that our moms and dads were not self-help gurus and we didn’t live in ashrams. Much of our early programming was fear-based and intended to protect us from danger. We tend to internalize many beliefs that no longer serve us, and we begin to subconsciously identify with negative labels others may have tried to impose on us, such as we are not good enough or worthy. In some cases we totally misunderstand a well-intentioned communication or misinterpret a situation to mean something negative about ourselves.

In this case, due to the Law of Attraction, we sometimes unwittingly draw to us what we fear most, and we keep ourselves playing small because of our limiting beliefs. The ego does whatever it takes to maintain its identity, whether it is positive or negative. If a person has a belief: “I can never get ahead,” or “I am not worthy of being loved,” when things start going really well, they will do something to sabotage it.

Making it work for you

You can “reprogram” subconscious fears and negative beliefs.

When you notice you are holding yourself back from achieving what you really want in life, ask yourself, “What am I afraid of that’s keeping me stuck, and what do I believe that no longer serves me?” Often it will be fear of being rejected or fear of failing. Common negative beliefs that hold us back are that we are unworthy of success or that we are inadequate (not good enough, not smart enough, etc.). Sometimes our fear itself will keep creating one “perceived” obstacle after another, just so we don’t have to take that big scary step towards our dreams! But you have to admit to yourself, and be honest with yourself, about what you really want. And then: Realize that all these fears and beliefs are simply not true. They were merely faulty programming, and maybe no one’s fault at all! Fear is simply:

False Evidence Appearing Real!

As Franklin Roosevelt put it, “We have nothing to fear but fear itself.”

The good news is that you can clear the “emotional charge” and programming of a fear or negative belief. And you can set the Law of Attraction working for you by reprogramming your mind to adopt positive emotions and beliefs. Now pay attention: Repetition is powerful. We do it all the time. What do you say when you find yourself in the longest line at the supermarket checkout? Often it is something like “this always happens to me.” When you think this repeatedly, you’re “programming” a negative thought pattern. The more you repeat it, the more it happens. So, who says you can’t reverse the trend? Try repeating a positive thought - over and over again, till it becomes a habit. What do you think might happen? Here’s a little exercise to do:

There is an acupressure point on the outside of the little finger side of your hand, where you would hit when making a karate chop, between the first and second joints. While tapping on this point, say out loud with conviction, “Even though I have this fear of (or belief that)... (whatever the fear or belief is), I deeply and completely love and accept myself and I now choose to ... (the new emotions or beliefs you want to experience).” For example, “Even though I am afraid of rejection and believe I am

(continued on p. 16)
not good enough, I deeply and completely love and accept myself, and I now choose to feel confident and believe that I am worthy of achieving this goal.” Then repeat the affirmation two more times.

By tapping this acupressure point while repeating this affirmation, it creates a very high field of energy within you that actually interrupts the old pattern and programs the new way of being deeply into your identity and subconscious. Do this whenever doubts or fears arise, and you will notice that the energy of your vision and the power to pursue your goals will become increasingly stronger, and your fears and doubts will lose their grip over you.

Two key elements to assure your success using the Law of Attraction:

1. Focus on your dreams, not your doubts, because you attract what you think about. Focus on thoughts and beliefs that make you feel good and that are aligned with your purpose and your vision.

2. Make empowering meanings out of things that have happened to you. When something happens that in the past you would have interpreted as bad, ask yourself, “What’s great about this, and how can this serve me?” Believe that everything happens for a reason and a purpose, and it serves you.

REMEMBER C-B-A - Three steps to creating the life that you want:

**Conceive:** Create a clear vision of what you want. Remember you attract what you focus on, so focus on what you want, not what you don’t want. Having an “attitude of gratitude” will keep you focused on the positive.

**Believe:** Believe in yourself and your dreams. Belief is a tremendously powerful force that can overcome any obstacle.

**Achieve:** Take action and rally the support of others. Take simple steps each day to move forward.

“Go confidently in the direction of your dreams. Live the life you have imagined.”
- Henry David Thoreau

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**Fear is simply False Evidence Appearing Real!**

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**About the Author**

John Maguire is the founder and director of the Kinesiology Institute, which offers a variety of programs including teleclasses, online learning and hands-on seminars. In his thirty years as a holistic health practitioner and kinesiologist, John has helped a multitude of people identify the root causes of their health challenges and has empowered them to take the actions needed to create optimum wellness and peak performance. He is particularly adept in the areas of nutrition, weight loss and stress management, assisting his clients and students to clear emotional issues and make dietary and lifestyle choices that bring their bodies into greater balance.


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**BPA Paper**

Although BPA had come under fire mainly for its presence in food packaging and baby bottles, the EWG reported that the total mass of BPA on a receipt is 250 to 1,000 times greater than the amount of BPA typically found in a can of food or a can of baby formula. What’s more, research revealed that BPA can be transferred from paper to skin quickly and easily and penetrate deep enough that it cannot be washed off. And, according to EWG senior scientist David Andrews, PhD, study results indicate that short or infrequent contact with BPA paper is similar to multiple contacts with BPA paper. That said, people who have constant dermal exposure to BPA, such as cashiers, have BPA levels up to 30 percent higher than the average adult. (EWG is the Environmental Working Group)

New receipts are being used in many stores. To determine if they are BPA free look for red threads on the back. Otherwise... handle with care or better yet, gloves! A company called Appleton makes the BPA-free paper: http://www.appletonideas.com/Appleton/jsps/StoreCatalogDisplay.do?langId=-1&catalogId=239327&storeld=139327
Book Review

Goddess Shift: Women Leading for a Change


Goddess Shift: Women Leading for a Change is a compilation of articles by women including our own Debra Greene, Starhawk, Azar Nafisi, Whoopi Goldberg, Aung San Suu Kyi, Linda Denny and Oprah Winfrey—who in their unique ways have been leading for a change. The forty-three women leaders each contributed a chapter to Goddess Shift; these women are prominent in a variety of fields including activism, politics, entertainment, business, history and literature.

Contrary to what you might think from the title, the aim of the book is not to present Goddess and Women Leading in terms of a matriarchy-type structure or ideology, but rather to celebrate and honor the feminine aspects of partnership, intuition, connection, and circles. The chapters in the book describe personal perspectives on what has shaped these women and where they focus their talents and energy to create a world and societies where all people are valued.

Goddess Shift offers a sampling of stories and shared wisdom from a wide variety of women leaders. I enjoyed reading a chapter from each contributor, which gave me a sense of who they are and expanded my knowledge of the numerous women who have and continue to lead for a change.

In particular, I am now interested in learning more about archaeologist Marija Gimbutas.

As I read, I realized that a strong feminine principle for me is the sharing of wisdom through stories. Rather than sitting in an actual circle with these women and hearing their stories, their stories and perspectives are available in this book. Wisdom along with history, perspective, inspiration and humor shine through these chapters.

Congratulations to Dr. Debra Greene on her chapter “Energy Health and Hygiene—The Personal is Planetary” in the Visionary Medicine section of this book. Her descriptions of the energy bodies and safe cell precautions as well as reinforcing the idea that we are all connected are valuable offerings to readers.

The website http://www.goddessshift.com/ is a useful resource to see a full list of the contributors as well as sample chapters, discussion group questions and publicity that Goddess Shift and the contributors have received.

~Karen Ownbey

Living Green, Living Sustainably

Reduce your Use: Pull the Plug

Even when they are not in use, common household appliances and electronics such as microwaves, computers, and their auxiliary equipment, toaster ovens, stereos, DVD players and televisions use power when simply plugged in. Unplug surge protector/power strips when not in use. Don’t just turn off what’s plugged into the power strip, the power strip itself consumes energy, and, don’t turn off the surge protector itself, because then it can’t do its job of protecting your equipment! So, for instance, have your television, stereo, DVD player and anything else in your ‘entertainment center’ plugged into one power strip and UNPLUG the POWER STRIP when you’re not using the equipment!

You’ll not only decrease your electric bill but decrease overall energy consumption – a television that is plugged in but not turned on can consume as much as 20 watts per hour.

Unplug items you rarely use, and, once portable devices (like electric toothbrushes) are charged up, unplug the charger from the outlet, and use electronics only as needed. A simple step to a healthier planet!

Bonus! Taking these steps will reduce your exposure to electro-magnetic radiation in your own home! Take a look at our own Debra Greene’s web site, get informed about this clear and present danger! http://www.debragreene.com/radiation.asp
First International Conference in Japan a Roaring Success

By Adam Lehman, En.K.

Photos by Adam Lehman.

The International Kinesiology College (IKC), the governing body for Touch for Health worldwide, held its annual international conference in Kyoto, Japan last October. Running concurrently with the EnKA conference in the US, and organized by member Kenichi Ishimaru and his team, the conference was both well run and well attended.

The theme of the conference was “Honoring the Past To Heal the Future.” Large posters of John Thie were displayed around the facility, and the opening ceremony included portions of Dr. Thie’s 2005 final presentation in North Carolina (fully subtitled in Japanese). Along with a healthy turnout of local Japanese enthusiasts from around the country, the international community was well represented by speakers and attendees from the U.S., Australia/New Zealand, China and the European Community, including Eastern European representation from Russia.

Talks covered a broad range of topics, with many core “Ks” covered, including:

- Touch for Health
- Edu-K, including the final presentation of the conference from founder Paul Dennison
- Wellness Kinesiology by Wayne Topping
- Applied Physiology by Adam Lehman
- Neuroenergetic Kinesiology by Hugo Tobar
- Integrative Kinesiology, creatively/energetically presented by local favorite Keita Saito
- Facial Harmony by Tanmayo
- Sea Essences by Sabina Pettitt
- Morphic Fields by Ortwin Niederhuber
- Buddhist Medical K by Kazuhiko Hida

One of the most popular talks of the conference was given by Russian rep Yuri Kuznetsov presenting on our relationship to money. All in all, the presentations were of a very high caliber, and the local Japanese community seemed happy and energized by all they saw.

Amidst all the official conference business of presentations and meetings amongst various organizations, a very Japanese flavor was infused throughout. Kyoto was Japan’s capital and the Emperor’s residence from 794 until 1868 CE. It remains a beautiful and...

(continued on p. 19)
traditional old city, a living museum, with plenty of Japanese charm and history intermingled with the modern influences that Japan has embraced over the past 70 years. Attendees were greeted and assisted by local friends in traditional kimono garb throughout the conference, and an evening outing included a theatre performance of historical Japanese customs and rituals, followed by a traditional tea ceremony during which participants were taught and practiced making tea. The conference banquet was held in a local restaurant with a lovely Japanese garden to wander through, and was a boisterous affair with a raffle (Toni Lilley, former IKC president, won a new iPad!), and lots of picture taking between all the attendees anxious to connect with their new international Kinesiology family.

On the final day of the conference, the morning began with a breathtaking demonstration of Japanese martial arts, including various fighting techniques and the use of swords. Following talks offered by Adam Lehman (during whose talk a moment was taken to acknowledge that it was 10:10AM on 10/10/10), Hugo Tobar, Wayne Topping and Paul Dennison, the conference concluded on a very upbeat note, with thunderous applause greeting the announcement that due to the success of this gathering, another conference in Japan would be scheduled for 2011.

So for all of you that wished you could be part of the fun and visit the wonderful and exotic land of the rising sun, you’ll have another chance to do so later this year!
Thank You Natalie Nehman!

The EnKA® Board would like to thank you, Natalie, for your years of service in preparing the Newsletter. You have helped it evolve into a worthy publication. While you deserve a break from one of the many hats you are wearing in support of EnKA®, we do look forward to articles from you from time to time. Thanks for all you do!

EnKA® Membership Application

name ___________________________ home phone ______________ work phone ______________

date ___________________________ fax ______________ email ____________________________

city ___________________________ state _______ zip __________________________

Rate Structure | Member Dues
--- | ---
Student/Associate | $50.00
* (less than 200 hours of training) | 
Professional Member | $100.00
* (200 hours or more of training) | 
Certified EnKP Level 1 | $125.00
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 Heidi Novak, 735 North Sonata Street, Salt Lake City, UT 84116, phone: 801-809-4409 • email: leapintoaha@gmail.com

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

* On receiving your application, you will be sent a packet requesting you to list the EnKA® approved courses you have attended and the number of hours acquired for each. Please include suggestions for improving the organization and projects you would like EnKA® to sponsor.

Member Savings!!

Help EnKA® Grow! Distribute this EnKA® Membership Brochure

Hand out this brochure to anyone you know who might be interested in joining our organization. Ask them to name you as their referral, and you will receive a 20% discount for one year on EnKA® products: brochures, CDs, and journals, as well as newsletter advertising.

For details, contact Energy Kinesiology Association: www.energyk.org or call 866-365-4336

This Brochure is Free to Members!

Client Brochures can help build your business!

One of our challenges is raising public awareness of the ways that Energy Kinesiology can help them feel great!

EnKA® is happy to offer these informative brochures you can hand out to your clients and potential clients.

To order, call 1-866-365-4336 or email Ron Wayman: ron@empowerlife.com

The brochure prices are:

- 25 brochures $15 plus S & H
- 50 brochures $20 plus S & H
- 100 brochures $35 plus S & H
## 2011

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<td>June 28-29</td>
<td>TFH Metaphors &amp; ITW – Matthew Thie</td>
<td>Los Angeles, CA</td>
<td>MT</td>
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<td>June 29-30</td>
<td>Touch for Health III – Virginie Vandevoorde</td>
<td>Fairfax, CA</td>
<td>VV</td>
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<td>July 1-2</td>
<td>Touch for Health IV – Virginie Vandevoorde</td>
<td>Fairfax, CA</td>
<td>VV</td>
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<td>July 2-3</td>
<td>TFH 2 – Matthew Thie</td>
<td>Los Angeles, CA</td>
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<td>July 18-19</td>
<td>TFH Update/Proficiency – Matthew Thie</td>
<td>South Carolina, CA</td>
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<td>July 23-24</td>
<td>TFH 3 – Matthew Thie</td>
<td>Los Angeles, CA</td>
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<td>Aug 13-14</td>
<td>TFH Metaphors – Matthew Thie</td>
<td>London, UK</td>
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<td>Aug 15-16</td>
<td>TFH Metaphors ITW – Matthew Thie</td>
<td>London, UK</td>
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<td>Aug 30-31</td>
<td>TFH Clinical – Matthew Thie</td>
<td>Kecskemet, Hungary</td>
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<td>Sept 5-8</td>
<td>TFH Meta-prof-ITW – Matthew Thie</td>
<td>Zurich, Switzerland</td>
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<td>Sept 12-16</td>
<td>TFH Clinical Intensive – Matthew Thie</td>
<td>Barcelona, Spain</td>
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<td>Sept 28-Oct 6</td>
<td>TFH Proficiency &amp; ITW – Matthew Thie</td>
<td>Bahrain, MiddleEast</td>
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<td>Oct 8-11</td>
<td>Meta &amp; Meta ITW – Matthew Thie</td>
<td>Bahrain, MiddleEast</td>
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<td>Oct 31-Nov 6</td>
<td>TFH Clinical Intensive – Matthew Thie</td>
<td>Malibu, CA</td>
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<td>Nov 5-6</td>
<td>TFH 4 – Matthew Thie</td>
<td>Los Angeles, CA</td>
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<td>Dec 3-4</td>
<td>TFH Proficiency – Matthew Thie</td>
<td>Los Angeles, CA</td>
<td>MT</td>
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</tbody>
</table>
How to List Your Classes

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

Members, find the classes you need to complete your Certification! Teachers, get your classes Accredited today!

Professional members, send upcoming class information to Diane Gellatly at info@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 secretary maintains a master list. From that list, your classes will appear in this newsletter, in the monthly e-bulletin, and on the web site. The monthly e-bulletin and the web site are updated monthly. To be included in the next newsletter, your listing must be received by March 15, 2011.

Teacher Contact Info

RW  Ron Wayman, 1-866-365-4336
ron@empowerlife.com

VV  Virginie Vandevoorde, 646-672-9876, info@nyckinesio.com

MT  Mathew Thie, 213 482 4480, thie@touch4health.com, http://www.touch4health.com/workshops.html

DD  Denice Davis, denicedavis@yahoo.com, (845) 981-7180 http://events.r20.constantcontact.com/register/event?llr=5vt5umdab&oeidk=a07e39tc7jrb5f7d911

DG  Debra Greene, 808-874-6441, debra@InnerClarity.us


We note with sadness the passing of Will Oldham, who died on February 16, 2011 in Palo Alto, Florida.

Will and his wife Dee, lifetime members of EnKA®, were involved in the early days of ASK-US and were prominent members of I-ASK. Dee was the first President, and Will served on the board of ASK-US in the early years. They were both ever-willing volunteers for the growing organization. Among his many contributions to Energy Kinesiology, Will served as web-master, helping to lead our foray into the information age. If you would like to express your condolences, and in lieu of flowers make contributions in Will’s memory:

C/o Dee Oldman
Unity of The Villages
1311 Catalani Lane,
The Villages, FL 32162
The mission of EnKA® is to unite Energy Kinesiologists, thereby educating, enriching, and empowering the profession, practitioners, and all recipients of this technology.

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?

Email info@energyk.org with “I volunteer” in the subject line.

Coming in the Next Issue

- Tales from the Clinic – a real life story by Kathie Guhl
- 2011 Conference – we’re nearly there!
- Charles Krebs’: The Brain Stem’s role in Muscle Monitoring
- Book review, Health Tidbits and more!