

Thursday Integration Class 5: The Emergency Mode

Overview

- Developed by Alan Beardall approximately 40 years ago
- A systemic assessment tool that reveals the body's top priority
- Based on da Vinci's Vitruvian Man positioning
- Tests four positions to determine which system is out of balance

Key Philosophy

"Think systemic first, then go local. Like, look at the whole city before you go to one house on a street where there's a disruption."

Key Learning Points:

- Emergency mode identifies the "top layer of the onion" - the body's highest priority issue
- Not every session will show emergency mode weakness (indicates body is relatively balanced)
- The system that tests weak becomes your primary focus for that session
- Always approach testing with an open mind: "I have no idea. Body tells me. I'm curious and open to anything."

1. Hand Modes vs. Emergency Mode

Hand Modes (Finger Modes)

- **Purpose:** Find specific issues related to a particular muscle or body area
- **Application:** Local/specific to one area (e.g., shoulder, hip)
- **Process:** Test a specific muscle, then cycle through finger modes to identify the type of correction needed

Emergency Mode

- **Purpose:** Systemic assessment of the entire body
- **Application:** Whole-body priority identification
- **Process:** Test arms in four positions to identify which system needs attention first

Key Quote

"The emergency mode is systemic. What's going on with you now overall?"

2. The Four Emergency Mode Positions

Position Reference Guide

How to Remember Each Position:

1. **Chemical (Nutritional)** - Arms 20° below horizontal
 - "Pointing down at the plants, the garden, like down towards the earth."
2. **Structural** - Arms straight out, horizontal
 - "Think of a building structure with girders straight out."
3. **Emotional** - Arms above horizontal
 - "I'm aware of my emotions in my head, that's pointing. up"
4. **Electrical (Energy)** - Arms above horizontal (different angle than emotional)
 - "Pointing up towards the power lines."

Testing Protocol:

- Can test in any order
- Use an arm muscle if standing
- Use the tensor fascia lata if the client is lying down
- When a position tests weak, put it "in circuit" (can drop the arm but maintain energetic connection)

3. Chemical/Nutritional Testing

When Chemical Tests Are Weak

Step 1: Identify Category Test for:

- Diet Addition (foods to add)
- Diet Deletion (foods to remove)
- Supplement Addition
- Supplement Deletion

Step 2: Narrow Down Specifics

"You just state it like a fact. Delete this, delete that, delete that. You don't ask, do you need to."

Diet Addition Categories

Test these food groups:

1. **Proteins** (amino acids, vegetarian/animal proteins)
 - Always ask: "Are you vegan or vegetarian?" first
2. **Vegetables** (especially alkalizing/garden vegetables)
3. **Healthy fats and oils** (especially omega-3 essential fatty acids)
4. **Fruit**
5. **Grains** (often quinoa for those sensitive to gluten)
6. **Nuts and seeds** (sprouted is best)
7. **Herbs and spices**
8. **Water** (often deficient)
9. **Eggs** (pasture-raised organic recommended)

Key Quote:

"A lot of time, one of the most common deficiencies is essential fatty acids that affects the hormones, the brain, the heart, and cancer."

Diet Deletion Categories

Common problematic foods:

1. **Unhealthy fats/oils** (trans fats, seed oils, fried foods)
2. **Meat, poultry, fish** (check for organic, grass-fed, wild-caught)
3. **Grains** (especially wheat/gluten - causes inflammation)
4. **Dairy** (inflammatory for most people)
5. **Sugar** ("the bane of our existence")
6. **Starches**
7. **Nuts and seeds** (check for phytates)
8. **Fruit** (especially dried fruit, high-sugar fruits for candida)
9. **Beverages** (coffee, alcohol, sodas, artificial sweeteners)

Important Reminder:

"Just eliminate grains and dairy, you're often incredibly healthier and experience much more pain-free."

Frequency Matters:

- Often, what you eat all the time is what you need to delete
- May only need to reduce frequency, not eliminate entirely
- Consider a rotation diet approach

Case Example - 93-Year-Old Woman:

- Eating the same breakfast daily was the problem
- Created rotation diet (different foods, different days)
- Lived to 101 after being "on her way out."

4. Supplement Addition Testing

Procedure

1. Have the client lie down (easier for testing)
2. Put the arm in the weak circuit position
3. Place supplements in their field (energetic body)
4. Test if the muscle goes from weak to strong
5. Confirm if it's a priority correction

Categories to Test:

- Vitamins
- Minerals
- Amino acids
- Herbs
- Spices
- Bach flower remedies
- Any supplements in your kit

Dosage Determination

I usually ask the body. If nothing else, look what's on the label. Let's ask more than one per day. More than two. Once or twice a day.

5. Structural Testing

Common Structural Corrections (in priority order)

1. **Injury Recall** - "That is the first one to check."
2. Muscle Balancing
3. Myofascial Release
4. Lymphatic Release
5. Origin/Insertion
6. Spindle Cell/Golgi Tendon
7. Cranial
8. TMJ
9. Valves
10. Chakras (can affect everything)

Case Example - Insomnia and Anxiety:

It came up structural. Oh, that's interesting. Always be open and don't think ahead.

- The client expected biochemical or psychological
- Testing revealed a cranial issue
- Sphenoid bone affecting pineal gland → melatonin → serotonin → sleep issues
- Also affecting GABA → anxiety
- **Result:** After cranial adjustment and chakra balancing, no more anxiety/insomnia, didn't need Xanax or Ambien

Key Teaching:

"He needed his head examined, literally."

6. Emotional and Electrical Testing

Distinguishing Between Them

When the arms are above horizontal, test weak:

1. Have the client hold **Emotion Mode** (finger position) - if strong, it's emotional
2. Have the client hold **Electrical Mode** (finger position) - if strong, it's electrical
3. Or simply state "emotional" or "electrical" and test

Emotional Corrections

- Emotional Quick Fix
- Video Technique
- B&E Points (face points)
- Beginning & Ending Points
- Psychological Reversals
- ESR (Emotional Stress Release)

Electrical/Energy Corrections

- **Acupressure for Pain**
- **B&E Points** (excellent for energy)
- **Chakras** (highly recommended)

Key Quote

"You could just do your whole practice only balancing chakras and have a very successful, profound, effective practice."

- Auric Fields
- Tibetan Eights
- Energy Circuits
- Command Points
- Meridian Pathways

Case Example - Hip Replacement Avoided:

Energy is the sole governing agent of matter. Einstein said that, not me first.

- Woman scheduled for hip replacement
- Testing showed energy blockage
- Used crystal in spiral movements on the hip's auric field
- Pain completely gone, no surgery needed

7. Critical Testing Principles

Avoid Operator Bias

Goodheart said, be careful of operator bias because you can influence the test. So, therefore, always just say, I have no idea. My body tells me I'm curious and open to anything.

Don't:

- Rush to judgment
- Think you know the answer
- Ask questions ("Do you need to delete coffee?")

Do:

- Make statements ("Delete coffee")
- Stay neutral and curious
- Be open to surprising results
- Trust the body's wisdom

Statement-Based Testing

"You don't ask AI questions. You make statements to AI, and then it runs with it... Your biocomputer is the ultimate A.I."

Examples:

- X "Do you need to delete bananas?"
- / "Delete bananas" (test for strong/weak)
- X "Should you exercise more?"
- / "Exercise four times per week" (test for strong/weak)

8. Da Vinci Connection & The Left Foot Test

The Left Foot Circuit

- Da Vinci's drawing shows the left foot turned out
- **Purpose:** Confirms if the correction is complete

Procedure:

1. Complete your correction
2. Retest - if strong, seems done
3. Have the client turn the left foot out (external rotation)
4. Test again:
 - **Weak** = more work needed
 - **Strong** = correction complete

Key Quote

"If it goes weak, it says you're not done. If it tests strong, you're done."

9. Integration & Practice Guidelines

The Emergency Mode Protocol

Full Balance Approach:

1. Start with Emergency Mode (identifies priority system)
2. Check head points
3. Focus primarily on the system that tested weak
4. **But remain open** - still check other systems as needed

"Whatever came in the emergency mode is maybe the priority main event that you want to address for that person. And it can be different next time."

Priority Testing for Multiple Corrections

- If multiple techniques/supplements test strong
- Determine priority: something strong will change to weak
- Priority = most important to address first
- Non-priority corrections may still help, they just are not urgent

Remote/Zoom Practice Tips

- Practitioner tests themselves (client's energy)
- Don't have both people testing simultaneously
- Maintain clear intention
- Hydrate and realign (K27, GV points) if feeling off
- Practice full intention: "I'm getting accurate results."

10. Most Common Emergency Mode Finding

"The most common thing I see in the emergency mode is diet deletion, by the way, because everyone's eating, especially the American diet."

Key Reminders for Students

The "Favorite Five" Strategy

- Develop five favorite techniques from each course
- Master these before expanding
- Build your personal toolkit systematically

Rotation and Bio-Individuality

"Remember, we have bio-individuality."

- What tests "delete" now may be fine later
- Rotate foods rather than permanent elimination
- Each person is unique - no one-size-fits-all

When Emergency Mode Doesn't Show Weakness

- The body is relatively balanced
- The client has been doing good self-care
- Still proceed with the session, focusing on specific concerns
- Don't expect weakness every time

Practical Application Summary

Emergency Mode in Practice:

1. Test all four positions (any order)
2. Identify which position tests weak
3. Narrow to a specific category (addition/deletion, type of correction)
4. Test specifics within that category
5. Make corrections
6. Verify with the left foot test if desired
7. Document for next session

Remember:

"Everything can stand alone. Like you could do an emergency mode balance that stands alone, and do the whole balance."

Or integrate it as the starting point for identifying priorities in a comprehensive session.

Final Wisdom

"Be well, be balanced, and be blessed."

Core Practice Principle:

"The key is always practice, practice, practice."