

Psychological Kinesiology Class 1 Summary

Course Overview

This is a psychological kinesiology course taught by John Maguire, who has been using these techniques for nearly 50 years. The Kinesiology Institute offers several courses:

- Structural Kinesiology
- Energy Course
- Biochemical Course
- Psychological Course (this course)

John's Background

- Started as a holistic health practitioner
- Became a licensed massage therapist and bodyworker
- Studied with Dr. George Goodheart (founder of Applied Kinesiology) in 1982
- Studied with Roger Callahan (developer of Thought Field Therapy)
- Studied with John Diamond (author of "Life Energy" and "Your Body Doesn't Lie")
- Has been presenting at Tony Robbins' Life Mastery University for 32 years

Key Principle: Muscle Testing

Muscle testing accesses the body's innate intelligence. The course covers:

- Self-testing techniques
- Remote work with partners
- Testing to determine which techniques to use

Subject 1: Brain Tuning Warm-Up Exercises

Exercise 1: Auricular (Ear) Unrolling Technique

Purpose:

- Releases neck stiffness
- Turns on auditory input for better information retention
- Acts as antennae for the acupuncture meridian system
- Helps with fatigue and jet lag

Procedure:

1. Turn your head from right to left to check for stiffness
2. Take the rolled-over part of your ear and pull it, stretching outward
3. Take deep breaths while unrolling
4. Repeat 4-5 times
5. Check neck stiffness again to notice improvement

For Jet Lag Relief:

1. Rub Spleen 21 on the left side
 - Bend the elbow 90 degrees
 - Rub where your fingers end, straight down from the underarm
2. Rub for about 20 seconds
3. Unroll the ears again

This helps reset the body's circadian rhythm when traveling across time zones.

Exercise 2: Eye Movement and Brain Integration

Purpose:

- Helps cross the midline of the brain
- Addresses learning problems (often caused by being stuck in one side of the brain)

Procedure:

1. Touch your umbilicus (belly button) - this is Conception Vessel 8
2. While touching the umbilicus, rub Kidney 27
 - Located right under the collarbone, off the sternum
3. Look around with your eyes in all directions while rubbing

Exercise 3: Cross-Lateral Movement

Purpose:

- Fires both sides of the brain (motor and sensory)
- Helps integrate the whole brain

Procedure:

1. Hit the opposite knee (can be done sitting or standing)
2. Swing the shoulders while doing this
3. Finish by stroking up the central meridian (feeds the brain)

Subject 2: Self-Testing Techniques

Method 1: Finger Test

Procedure:

1. Place your index finger on top of your middle finger
2. Bring the two fingers down

3. Resist the pressure with your middle finger isometrically
4. Push down with the index finger on the end of the middle finger
5. Keep fingers back and wrist back in extension
6. Think of a happy thought and push - this should be strong
7. Think of a frustrating thought - this should be weak
8. Return to a happy thought to test the difference

Method 2: Body Sway Test

Procedure:

1. Stand with legs a little further than shoulder width apart (can also be done seated)
2. Think of a happy thought - you should sway forward
3. Think of a frustrating thought - you should sway back
4. Forward = yes/good energy flow
5. Back = no/energy blockage/stressor

Method 3: Quadriceps Test

Procedure:

1. Bring your knee up
2. Put your foot a little further out
3. Push in the line of drive of the shin towards the heel
4. Think of a happy thought - the leg should stay strong
5. Think of a frustrating thought - the leg goes weak

Subject 3: Emotional Stress Release Technique

Background

- Discovered by Dr. George Goodheart
- Based on work by Terrence Bennett (chiropractor from California, 100 years ago)
- Bennett discovered that touching certain points on the head shifts people psychologically and enhances organ health
- Bennett used radioactive dye and a fluoroscope to observe blood flow changes
- Touching the frontal eminences increases blood flow to the frontal lobes and stomach

Key Principle

All stress is energy blockage. When you accept and notice stress from a relaxed state, you clear the blockage. The second part is creating new neuro-associations for the future.

The Technique - Step-by-Step Procedure

Step 1: Assess the Stress

- Identify what situation or person is causing stress
- Optional: Rate the stress on a scale of 0-10 (10 being highest)

Step 2: Muscle Test (Optional)

- Test a strong indicator muscle while thinking of a positive thought (strong)
- Test while thinking of the stressor (should go weak)
- This shows energy blockage

Step 3: Touch the Frontal Eminences

- Lightly touch the bumps on the forehead (frontal eminences)
- Can be done standing, sitting, or lying down
- Client can touch themselves, or practitioner can touch for them
- When muscle testing while touching these points and thinking of the stressor, the muscle should test strong (showing the technique will work)

Step 4: Relax and Breathe

- Slightly tug upward on the skin
- Relax the entire body
- Breathe slow, deep breaths
- Let the belly rise as you breathe in
- Let the belly fall as you breathe out
- Relax shoulders, forehead, and face
- Optional: Rest one hand holding the opposite elbow while touching with the other hand

Step 5: Observe - What You Saw and Heard

- Notice what you saw in the situation
- Notice what you heard (things that were said)
- Observe as if watching from a distance
- Simply witness without judgment

Step 6: Observe - Thoughts

- Notice what thoughts you've had about the situation
- Notice what you've told yourself
- Just observe

Step 7: Observe - Emotions

- Notice what emotions are present
- Relax into them
- Simply observe them
- Optional: Talk out loud about what you're observing

Step 8: Observe - Body Sensations

- Notice where you feel tension in the body
- Breathe into those areas
- Notice and let go
- Continue slow, deep breathing from the belly

Step 9: Notice Anything Else

- Allow any other thoughts, images, emotions, or sensations to come up
- Just breathe into them

Step 10: Decide How You'd Like to Feel

- Identify how you'd like to feel about the person or situation
- Examples: acceptance, empowerment, courage, peace, detachment
- Breathe those feelings in
- Feel them spread through your whole body

Step 11: Review with New Feelings

- While feeling the desired emotions, review the situation
- If from the past, replay it with the new feelings
- If projecting into the future, visualize it with the new feelings
- Feel the positive emotions surrounding you in the event

Step 12: Future Visualization

- Go into the future
- Picture yourself with that person or in that situation
- Feel yourself doing optimally
- See yourself doing the things you want to do
- Hear yourself saying the things you want to say
- Feel the positive emotions
- Tell yourself how well you're doing
- Experience it fully with eyes closed

Step 13: Complete

- Notice when you feel complete
- Bring hands down
- Retest the stress level (should be significantly lower)
- Muscle test while thinking of the situation (should now be strong)

Important Notes

- The technique takes at least 90 seconds for the body to process and release the blockage
- Physiologically, this moves reactive thoughts from the back of the brain to the prefrontal cortex (new association area)

- The key is acceptance: "What you resist persists"
- By not resisting the feelings and simply observing them, you allow the body to process and release
- You then create new neural associations for how you want to respond in the future

Key Phrase to Remember

"Let it go" - Don't carry the garbage from what's happened in the past

Results from Class Practice:

Cindy's Experience:

- Initial stress level: Close to 10
- After technique: 2
- Reported feeling "separate detachment" rather than the stress being part of her
- Muscle tested strong after the technique when thinking of the stressor

Additional Benefits Reported:

- Helps with sleep when done at bedtime (lie on side with palms resting on forehead)
- Clears accumulated stress from the day
- Instinctive response (people naturally touch their forehead when stressed)

Subject 4: Emotional Quick Fix (Tapping Technique)

Background

- Similar to Emotional Freedom Technique (EFT)
- Taps on specific acupuncture points
- Uses beginning and end points (BE) of the Yang meridians, plus the Central and Governing meridians
- Usually, only one or two points are needed

The Technique - Step-by-Step Procedure

Step 1: Assess the Stress

- Identify what the stress is
- Optional: Rate on a scale of 0-10

Step 2: Muscle Test (Optional)

- Test a strong indicator muscle while thinking of the stress (it should go weak)

Step 3: Put Stress "In Circuit"

- Option A: Client continues thinking of the stress throughout testing
- Option B: Client separates knees 18 inches apart
 - This puts it in a "retaining mode"
 - The stress stays in the bio-computer
 - Client doesn't have to actively think about it anymore

Step 4: Find the Correct Point Test each of the following points while the stress is in circuit. The point that makes the muscle test strong is the one to use:

1. **Stomach 1** - Right under the eye
2. **Gallbladder 1** - Outside corner of the eye
3. **Triple Warmer 23** - Outside of the eyebrow
4. **Bladder 1** - Where glasses would sit (inner eye)
5. **Large Intestine 20** - Beside the nostrils
6. **Governing Vessel 27** - Just above the upper lip
7. **Conception Vessel 24** - In the dip below the lower lip
8. **Small Intestine 19** - In front of the ear

Most Common Points:

- TW 23 (comes up a lot - related to thyroid and adrenal glands, fight-or-flight response)
- Stomach 1
- Gallbladder 1 (related to anger/liver meridian)

Step 5: Tap the Point

- Tap the identified point with the pads of your fingers
- Tap at the rhythm of a ticking clock
- Duration: 30-60 seconds (or until stress clears)
- Breathe deeply while tapping

Step 6: Observe While Tapping

- Notice what you're seeing in the situation
- Notice what you're telling yourself
- Notice what was said
- Observe the emotions without judgment
- Notice body sensations
- Just observe everything

Step 7: Create New Association (Optional)

- Notice how you'd like to feel about the situation
- See yourself acting in that way
- Relate to the situation in the desired way
- Continue tapping while visualizing

Step 8: Complete and Reassess

- When you feel complete, stop tapping
- Reassess the stress level (0-10 scale)
- Muscle test again (should now be strong)

Alternative Method (If Not Muscle Testing)

- Tap on all the points sequentially (like traditional EFT)
- Or have the person tap each point and notice which one "feels right"

Important Neurotransmitter Information

- **Bladder 1:** Increases serotonin
- **Large Intestine 20:** Increases GABA
- Both neurotransmitters calm the brain down

How It Works

- When you think of an upset, it causes energy blockage
- Certain meridians become "spiked" and over-energized
- Triple Warmer is the alarm state (fight-or-flight)
- Tapping is like "putting out the fire"
- It calms the over-energized meridians and clears the blockage

Results from Class Practice:

Tiffany's Experience:

- Working on work stress
- Initial stress level: 7-8
- Point identified: Triple Warmer 23
- After tapping: 0
- Reported: "It just flew out the window. My eyes kind of just sat into my space again. I was like, wow, why was I even worried about that? It just seemed so silly to me now."

Christy's Experience:

- Working on grief from aunt's passing (10 days prior)
- Initial stress level: 8
- Point used: Not specified
- After tapping: 2-3
- Reported: "I didn't consciously feel anything while I was tapping. I literally questioned the validity of what was even happening. But I immediately started getting a lot of movement in my stomach. My stomach was gurgling and everything was just kind of relaxing."
- Surprised that it worked so quickly on grief (thought it would be more difficult than anger)

Michael's Experience:

- Point identified on Tiffany: Governing 26
- Interestingly, this was the same point Tiffany's kinesiologist had told her to tap for migraines when she was younger
- Shows the consistency and accuracy of muscle testing

Other Student Feedback:

- **Jill:** "It absolutely worked twice. It's fabulous."
- **Megan:** "It's almost like taking something that's all muddy and yucky and rinsing it in clean, clear water. I got to move some stuff through my energy body, so I feel lighter and brighter."
- **Audrius:** "I had a few old problems that I was solving from some period of time. It just went away."
- **Cindy:** "The emotional quick fix - wow. Just go in, energy-assess, and see which point or points you want to work with. And combining that with the alarm points, it's amazing."
- **Jacob:** "How easy and how powerful. I love the meridian line system and how quickly tapping can make this big of an influence."

Subject 5: Combining Techniques

When to Use Multiple Techniques

- If the stress doesn't fully clear with one technique, use the other
- Example: Start with Emotional Stress Release, if still at a 3, then use Tapping
- Or start with Tapping, if not fully cleared, use Emotional Stress Release
- Think of it as "unpeeling the onion" - there may be multiple layers

The Goal

Get to a point of equanimity where hardly anything bothers you. When you see a person who previously caused stress, you can respond with: "Hey, how are you doing?" without carrying emotional baggage.

Subject 6: Four Things That Cause Emotional Upset

The Four Causes:

1. **Thwarted Intention**
 - Something you really intended to happen didn't occur
2. **Unfulfilled Expectation**
 - Something you were really expecting didn't happen

3. Undelivered Communication

- You haven't gotten something off your chest
- Communication that needs to be expressed

4. Broken Rule in a Relationship

- An agreement or understanding was violated

The Solution

- Tap on the identified point (such as Stomach 1 or your personal "go-to" point)
- Shift your languaging about the situation while tapping
- This helps you get out of upset very quickly

Note: The instructor mentions there are examples and antidotes on the form, which will be covered more in next week's class.

Subject 7: Surrogate Testing (Remote Work)

Basic Protocol for Surrogating

Step 1: Ask Permission

- Always ask: "Is it okay for me to be your surrogate and test what's going on with you?"

Step 2: Set Intention

- Your intention is to check what their response is
- Look at them (even on screen)
- Focus on detecting their energy response

Step 3: Optional Extended Protocol For a full session, you can add:

- Test yourself first: "My body is willing and able to surrogate for [person's name]"
- State: "Acting as a surrogate for [person's name]"
- Then proceed with testing

Important Reminder

- You are NOT taking on their trauma
- You are simply testing to see their response
- Maintain love and compassion rather than reacting
- This creates an energetic shield
- The more you practice, the better you get

Advanced Surrogating

- With practice, you can work with people over the phone without video
- Some practitioners can accurately surrogate and determine what techniques are needed remotely
- This follows quantum physics principles ("spooky action at a distance")

Subject 8: Important Reminders and Tips

About Emotions

- Never suppress emotions - they all have value and purpose
- Some things are worth being bothered by
- When you lose a loved one, you need to cry
- **Key principle:** "Whatever you can feel and express, you can heal"
- The problem is when we get STUCK in an emotion and carry it around
- Avoid saying "I am [emotion]" (e.g., "I am depressed," "I am angry")
- Instead say "I have [emotion]" - this creates separation

Music as Healing

- Music is a powerful healer
- Sound is "the highest form of healing" (according to Sheldon Deal)
- Music expresses and releases emotions
- Example: Eric Clapton wrote "Tears in Heaven" after losing his son

Learning Process: The Four Elements

1. **Seeing** - Watching demonstrations
2. **Hearing** - Listening to explanations, watching videos
3. **Reading** - Studying the procedures
4. **Saying** - Teaching others, explaining concepts
5. **Doing** - Practicing the techniques

Most Important for Learning:

- The DOING (practicing)
- The SAYING (teaching others)
- This is when neural circuits truly connect

Practice Recommendations

- Practice with partners between sessions
- Form study groups (3-4 people meeting mid-week)
- The more you practice, the better you get
- Think like learning an instrument - consistent practice leads to mastery

Mindset for Muscle Testing

- Come from: "I'm intending to get accurate results"
- Avoid: "I don't know if this is working, I'm not sure, I'm not good at this"
- Use affirmations: "I am a great muscle tester and I'm getting better and better every day"

Finding Your Go-To Points

- As you practice, you'll discover which tapping points work best for you
- Many people find Triple Warmer 23 is their go-to point
- Some people have two main points they use
- Learn your personal patterns

For Grief Specifically

- Grief often comes in waves
- When it returns, use the techniques again
- Different techniques may help at different stages
- Also helpful: Get out in nature, move your body, walk barefoot on the ground if possible

Additional Stress Relief Tip

- At bedtime: Lie on your side with palms resting on your forehead
- This helps you fall asleep easier
- You'll sleep better
- It clears accumulated stress from the day
- Sleep naturally processes and clears what needs to be released

Course Structure and Logistics

Class Format

- Videos to watch before each session
- Live practice sessions with breakout rooms
- Partner work with different people each week
- Demonstrations by instructor
- Small intimate group for deeper connections

Between Sessions

- Watch assigned videos
- Practice with partners
- Optional WhatsApp group for scheduling practice sessions
- Can visit the studio for live demonstrations (for local students)

Next Steps

- Watch the next classes before the following session
- Specific assignments will be provided via email
- Continue practicing the two main techniques learned

Key Quotes and Principles

1. **"Whatever you can feel and express, you can heal."**
2. **"Let it go."** - Don't carry the garbage from the past
3. **"What you resist persists."** - Acceptance is key to releasing
4. **The three stages of processing stress:**
 - Notice it
 - Accept it (don't resist)
 - Create new associations for the future
5. **"All stress is blockage."** - When you clear the blockage from a relaxed state in acceptance, you free yourself
6. **Goal of the work:** Get to a point of equanimity where hardly anything bothers you, while still allowing appropriate emotional responses when warranted

Summary

This first class introduced two fundamental techniques for emotional clearing:

1. **Emotional Stress Release** - Using frontal eminence points with observation and breathing
2. **Emotional Quick Fix** - Using muscle testing to identify and tap specific meridian points

Both techniques showed remarkable results in students, with stress levels dropping from 7-10 down to 0-3 in just minutes. The class emphasized that these are foundational tools that work both independently and in combination, forming the basis for more advanced techniques to come in the 12-week course.