

Kinesiology Integration Course — Day 1

A comprehensive guide to the techniques, principles, and procedures covered in the first day of the Kinesiology Integration Course, taught by John Maguire.

1. Time of Day Balance

The course opens with a foundational technique for resetting the body's internal clock — especially valuable for travelers, flight crews, and anyone experiencing jet lag or circadian disruption.

The Concept

Every acupuncture meridian corresponds to a two-hour window in the 24-hour cycle. When you travel across time zones, or your body clock falls out of sync, your system can become confused about what time it actually is. This shows up as a weakness when the person simply thinks about the current time.

"The ears act as antennae for the acupuncture meridian, and between Spleen 21 and unrolling the ears, it resets the body clock."

Key Learning Points

- The meridian clock runs on standard time. During daylight savings, subtract one hour to determine which meridian window you're in.
- You can identify what time zone a person's body is stuck in by **two-pointing the eyes** (lightly touching the closed eyelids with the thumb and two fingers on the other hand) and then touching alarm points for each meridian. The alarm point that causes weakness reveals where the body's clock is set.
- Common meridian time windows referenced: Stomach (7–9 AM), Spleen (9–11 AM)

Testing Procedure

1. Establish a strong indicator muscle (e.g., anterior deltoid).
2. Have the person think about the current time of day.
3. Test the indicator muscle. If it goes weak, the body clock is off.

Correction Procedure

1. Rub **Spleen 21 on the left side** for approximately 20 seconds.
2. Unroll the ears three times (gently pull and unfold the outer ear).
3. Rub Spleen 21 again.
4. Unroll the ears three more times.
5. Repeat once more (rub, then unroll three times).
6. Have the person breathe deeply throughout.
7. Retest: have them think about the current time and test the indicator muscle. It should now hold strong.

Practical Tip

This technique makes an excellent addition to a **daily morning routine** alongside tapping the thymus, rubbing brain reflexes, and unrolling the ears.

2. Overcoming Psychological Reversals in Muscle Testing

Many practitioners struggle with muscle-testing accuracy—not because of technique, but because of unconscious beliefs. This section addresses the three most common psychological reversals that sabotage results.

Reversal #1: Doubting Your Ability

A subconscious belief that you cannot test accurately.

Goal statements to test:

- "I accurately muscle test."
- "My muscle testing is accurate."
- "My body gives me clear answers through muscle testing."
- "I trust the results of my muscle testing."

If any of these statements cause the indicator muscle to go weak, a psychological reversal is present.

Reversal #2: Fear of Being Wrong

An unconscious fear of appearing incorrect in front of others, which undermines confidence.

"Sometimes you can have an unconscious weakness or fear that you're looking incorrect in front of others."

Correction Protocol

Method 1 — Karate Chop Point (Small Intestine 3):

1. Tap or rub Small Intestine 3 (the karate chop point on the side of the hand).
2. Repeat three times with **eyes open**: "*Even though I have a reversal about accurate muscle testing, I now allow my body to give me clear and accurate answers.*"
3. Repeat three times with **eyes closed**, feeling the statement as true.

Method 2 — Kidney 27 Massage:

1. Massage both Kidney 27 points (just below the collarbone, near the sternum).
2. While rubbing, say: "*My muscle testing is accurate and reliable.*"
3. Feel the statement as true.

Method 3 — Temporal Tapping (Reinforcement):

- Tap along the temporal bone on the **left side** to program in positive affirmations: "*I do accurate muscle testing. I can trust my results. I get great results.*"
- According to Dr. Goodhart, the left side is for programming in what you want; the right side is for letting go.

"Small Intestine 3 is related to the heart meridian — the most powerful organ in the body, with 40 times more magnetic power than the brain."

The Piezoelectric Effect

Tapping and touching create electricity through the body via a phenomenon called the **piezoelectric effect** — similar to how a cigarette lighter creates a spark by striking flint. This is part of why tapping meridian points has such a profound neurological impact.

3. Tips for Accurate Muscle Testing

When a person seems "untestable" — overpowering every test through sheer strength or tension — the following adjustments can help.

Procedure for Teaching Someone to Be Testable

1. **Empty shirt sleeve:** Have them let the arm go completely limp.
2. **Bike pump method:** Gradually build resistance. Place just the weight of your hand, then have them add firmness incrementally until they reach a solid hold.
3. **Elbow straight:** If the elbow bends, biceps and brachioradialis recruit, contaminating the test.
4. **Lower angle:** Test with the arm lower rather than raised high. A higher angle engages more muscles (middle deltoid, anterior serratus) and makes it harder to isolate.
5. **Relaxed hand:** The hand should be open and relaxed, not clenched.
6. **Palm contact:** Use your open palm at the end of the forearm (near the wrist, not on the hand) for more sensitive energy reading.
7. **Gradual pressure:** Apply force like a car accelerating from a stop — smooth and increasing over about two seconds (count 1001, 1002). No bouncing.
8. **Breathing:** Have them relax their whole body and breathe naturally.

"Allow your body to give accurate information — because you want that. It's like taking your car in before a long trip and saying, 'Check everything so I don't break down.'"

The Lie Detector Principle

Muscles act as lie detectors. A true statement holds strong; a false statement causes weakness. Use a false statement (e.g., a humorous one) to calibrate the test and demonstrate the concept to clients.

Switching Off a Muscle

Three methods to temporarily disable a strong indicator muscle for testing:

1. **Green dot magnet** on the belly of the muscle.
2. **Spindle cell technique:** Pinch along the direction of the muscle fibers (not cross-fiber) two times in the belly of the muscle. The muscle will go weak temporarily but automatically spring back.
3. **Back of the hand:** Touching the back of the hand should cause weakness. If it doesn't, a polarity reversal may be present.

4. Neurological Switching

Switching is a state of neurological confusion in which the body provides inaccurate information. It can manifest in everyday life as saying "left" when you mean "right," transposing letters while typing, or taking a wrong turn.

Three Types of Switching

Type	Points to Test	Real-Life Signs
Left-Right	Kidney 27 (one at a time)	Confusing left and right, transposing letters
Up-Down	CV 24 (chin) and GV 26-27 (upper lip)	Confusing up/down directions
Front-Back	GV 1 (tip of tailbone) with umbilicus	Confusing front/back orientation

Quick Screening Procedure

1. Establish a strong indicator muscle.
2. Place one hand, then switch, then switch again (three hand changes). If weakness appears, one or three switches are out.
3. Use both hands: switch polarities twice. If weakness appears, two switches are out.
4. Circuit locate each pair of points individually to identify which specific switch is off.

"When you have neurological confusion or switching, the body doesn't give accurate information."

Correction Procedure

1. **Left-Right:** Rub both Kidney 27 points while touching the umbilicus (CV 8). Move eyes left to right to practice crossing the midline.

2. **Up-Down:** Touch CV 24 and GV 26-27 while touching the umbilicus. Look up and down while breathing deeply.
3. **Front-Back:** Touch or rub GV 1 (tip of tailbone) while touching the umbilicus.

Connection to Learning

Difficulty crossing the midline is associated with learning problems in children. This is the basis of **Brain Gym** techniques. Moving the eyes across the midline and doing cross-crawl patterns helps fire up the whole brain.

"Goodhart called the Kidney 27s the switchboard operators of the body."

5. Injury Recall Technique (IRT)

One of the most powerful and universally applicable techniques in kinesiology. Dr. Wally Schmidt called it the single most important thing you can do to help a patient.

"If you can clear out old muscle memories of injuries, it's the single most important thing you can do to help a patient." — Wally Schmidt

Why IRT Matters

- Every injury causes the body to limit the range of motion in that area.
- Uncleared injury memories make you susceptible to further injuries ("injury prone").
- They fatigue the body, create stiffness, lead to neurological disorganization, and drain energy.
- Injuries don't resolve on their own over time — "*Feelings buried alive never die. Well, so do injuries.*"

The Three Most Devastating Traumas

1. **Root canal**
2. **Mammogram**
3. **Sprained ankle**

Testing for IRT

Standard Test:

1. Establish a strong indicator muscle.
2. Have the person touch or hold the injured area.
3. Have them arch their head back (cervical extension).
4. Test the indicator. If it goes weak, IRT is needed.

Alternative Test (when head extension isn't possible):

- Tap or push in on the ankle. If a strong muscle goes weak, IRT is needed.

Weak Muscle Test:

- If a muscle is weak and **lengthening to strengthen** (pulling apart the spindle cells) does not restore strength, that muscle needs IRT.

Palpation Test:

- Rub an area or muscle, then test the indicator. If a strong indicator goes weak, that area needs IRT.

IRT Correction Procedure

1. Have the person **touch the area** that needs clearing (this puts it on the body's circuitry).
2. **Toggle the head:** Gently move the atlas/occiput junction into flexion 4–5 times. The person breathes deeply and relaxes.
3. **Pull the ankle:** Place fingers behind the heel and thumbs on the talus (top of the ankle). Pull open/apart once or twice. For the original Wally Schmidt method, toggle the ankle side-to-side.
4. **Side matching:** If the injury is on the left side of the body, pull the left ankle.
5. **Retest:** Touch the area, arch your head back, and test. The indicator should now hold strong.

Self-Correction for IRT

1. Touch the problem area with one hand.
2. With the other hand (or by movement), gently push the head back and forth into flexion several times.
3. Toggle the ankle on the same side.
4. Retest by touching the area and arching back.

Quick Full-Body IRT Screen

1. Have the person lie face up with arms at their sides.
2. Establish a strong indicator muscle.
3. Have them arch their head back and keep it there.
4. Systematically touch each major joint and area: shoulders, elbows, wrists, hips, knees, and ankles.
5. Wherever the indicator goes weak, mark that area as needing IRT.
6. You can also screen the spine by running fingers down the back with the head arched.
7. Fix areas two at a time (the person can touch two areas simultaneously).

6. The Necktie Effect

An important testing nuance that prevents missed findings.

Concept

When testing a muscle, if the practitioner's sternum (breastbone) is far from the muscle being tested, a weak muscle may falsely appear strong. Getting the sternum close to the muscle — as if wearing a necktie that drapes over it — reveals the true status.

"If you think an area is probably weak and it isn't showing, get your sternum as close as you can to the muscle."

Application

- Always be aware of your body position relative to the muscle you're testing.
- If you suspect a muscle should be weak but it tests strong, move closer and retest.
- This is especially relevant for muscles in the legs, lower trunk, or on the opposite side of the body from where you're standing.

7. The Triad of Health

The foundational paradigm of kinesiology was coined by George Goodhart. All health conditions can be traced to imbalances in one or more of these three areas.

The Three Sides

1. Structural (Finger mode: index finger to thumb pad)

- Physical misalignment, muscular imbalances, and postural distortions
- Techniques: neurolymphatics, muscle balancing, pelvic categories, TMJ, cranials, injury recall, origin/insertion work, gait reflexes

2. Biochemical (Nutritional/Chemical)

- Food sensitivities, environmental toxins, EMFs, personal care products, medications
- Internal toxins (endotoxins) and external toxins
- Testing foods, supplements, and environmental substances

3. Emotional/Psychological

- The meaning you make of events
- What you focus on
- Stress, unresolved emotions, and limiting beliefs

"Anything can cause anything." — George Goodhart

The L-E-T Principle

Health comes down to three things:

- **L** — Living (lifestyle, environment, activity)
- **E** — Eating (diet, nutrition, avoiding toxins)
- **T** — Thinking (mindset, emotional state, focus)

Key Psychological Principles

"The two most important things are: the meaning you make of things, and what you focus on."

"It's never too late to have a happy childhood." — Wayne Dyer

"If you accept everything and expect nothing, you're at total peace." — Anthony Hopkins

EMF Awareness

Cell phones held to the ear consistently cause indicator muscles to go weak. Practical advice:

- Use speakerphone or keep the phone at least a hand's distance away.
- Put the phone on airplane mode when not in active use.
- Don't sleep with the phone next to you.
- Consider EMF-shielding products.

The Power of Emotional State

A demonstration showed that when a person holds a state of **love and compassion**, they become remarkably strong against muscle testing — even when others project negativity toward them. Conversely, a state of **frustration** causes weakness. However, when others project love toward a frustrated person, it can raise their energy and maintain strength.

"When you're feeling love and compassion, you literally shield yourself from negative people."

8. Head Points — Quick Energy Assessment

A rapid diagnostic system, learned from Dr. Sheldon Deal, identifies which meridian element is the priority under-energy.

The Five Element Head Points

Location	Element	Meridians	Memory Aid
Top of nose (where nose meets frontal bone)	Wood	Liver, Gallbladder	"Knock on wood"
Temple area (frontal-sphenoid-parietal junction, behind eyebrow)	Fire	Heart, Small Intestine, Triple Warmer, Circulation Sex/Pericardium	Wood feeds fire
Right rear (parietal-occiput-temporal junction, behind ear)	Earth	Stomach, Spleen	Fire creates ash (earth)
Left rear (same location, left side)	Metal	Lung, Large Intestine	Earth yields metal
Left front (same level as fire point, left side)	Water	Kidney, Bladder	Metal flows to sea
Anterior fontanelle (top of head)	—	Central or Governing Meridian	—

Procedure

1. Establish a strong indicator muscle.
2. Touch each head point while testing. The point that causes weakness reveals the priority element.
3. Once you identify the element (e.g., Fire), test each meridian within that element individually to narrow down which specific meridian needs work.
4. Test the muscles associated with that meridian.
5. Use finger modes to determine what type of correction is needed (structural, nutritional, emotional, or energy).

Following Through: Meridian Tracing for Point Identification

Once you know which meridian is involved:

1. Apply continuous light pressure on the indicator muscle.
2. Slowly trace along the meridian from its starting point.
3. Where the indicator muscle changes (goes weak), that acupuncture point needs treatment.
4. Key points are most commonly found between **fingertips and elbows** or **toes and knees** — this is where command points, tonification points, and sedation points are located.

Treatment Options for Acupressure Points

When you've identified a point that needs work, determine the best method:

- **Tapping** the point
- **Rubbing** the point
- **Light touch and hold** (typically three deep breaths)
- **Laser** (red/orange at 635 nanometers)
- **Magnet:** Test the south pole vs. the north pole; the side that makes a weak point go strong is correct. For enhanced effect, shine a laser through the hole of a donut magnet placed on the point.
- **Acupuncture needles** (for licensed practitioners)

9. Origin/Insertion Work

When a muscle is weak, it may be because the muscle has partially pulled away from the bone — a **microavulsion**. This is corrected by deep massage at the attachment points.

Concept

Think of a door hinge: the non-moving bone is the doorframe (origin), and the moving bone is the door (insertion). When the "screws" are loose, the muscle can't do its job, regardless of how much you exercise it.

"What good is exercise going to do if you don't fix the origin insertion? It does nothing."

Diagnostic Confirmation

- Have the person touch the origin point. Test a strong indicator — if it goes weak, origin/insertion work is needed.
- Repeat for the insertion point.
- When they press into the origin or insertion, the associated weak muscle often becomes dramatically stronger, confirming the need.

Treatment

- Deep massage at the origin and insertion points.
- Work along the direction of the fibers where they attach to bone.
- It is often "exquisitely tender" (Goodhart's word) — this is normal.
- Always ask the client to let you know if the pressure is too deep.

10. Neurolymphatic Point Circuit Locating

A systematic way to screen the entire body for energy blockages by testing all neuro-lymphatic reflex points.

Procedure

1. Establish a strong indicator muscle.
2. Systematically touch each neuro-lymphatic point (front of body, back of body, sides of legs).
3. Wherever the indicator goes weak, that reflex needs work.
4. You can either note all weak points first and then treat, or **fix as you go** — rub each weak point as you find it, then move on.
5. Check both front and back neuro-lymphatic points.

Key Neuro-Lymphatic Locations (Front)

- **Between ribs 1-2:** Brain
- **Between ribs 2-3:** Heart, Thyroid
- **Between ribs 3-4, 4-5:** Lung
- **Right side, ribs 5-6:** Liver (Pectoralis Major Sternal)
- **Left side, ribs 5-6:** Pectoralis Major Clavicular
- **Sternum:** Diaphragm/Lung
- **Lateral to the umbilicus:** Large Intestine
- **1 inch up, 1 inch out from the umbilicus:** Adrenal
- **2 inches up, 1 inch out from the umbilicus:** Kidney
- **Top of pubic bone:** Bladder, reproductive organs

"Does it hurt to just rub them all? No. You can never go wrong."

Finish with Gait Reflexes

Always check and correct gait reflexes before the client leaves — this helps the corrections hold.

1. Test all gait reflex points on the feet.
2. Rub any that are weak.
3. Pull the feet apart (spread the metatarsals) — tight shoes are a common cause of gait reflex disruption.

11. The History of Applied Kinesiology

The First Discovery

George Goodhart's patient, Ronald Foltz, had a chronic shoulder problem with a protruding (winged) scapula caused by a weak **anterior serratus** muscle. Goodhart palpated nodules at the muscle's attachment points, rubbed them until they dissolved, and the muscle immediately tested strong. The scapula returned to its normal position, and the correction held permanently.

The Neuro-Lymphatic Discovery

When origin/insertion work didn't always hold, Goodhart connected **Frank Chapman's** (Chapman's Reflexes) work on muscle testing. He mapped which neuro-lymphatic points corresponded to which muscles, organs, and meridians.

The Meridian Connection

Through Felix Mann's book on acupuncture, Goodhart discovered that sedating specific meridians weakened specific muscles — establishing the **muscle-meridian-organ relationship** that forms the foundation of applied kinesiology.

Touch for Health

Dr. John Thie asked Goodhart to write a book for laypeople. Goodhart told him to write it himself. Thie taught a workshop at a Virginia Satir conference, had someone take notes, and eventually published *Touch for Health* — originally called "Health from Within." A patient suggested the name change because "that's what you're doing — you're touching for health."

"Speak in terms that your clients can understand. 'We need to jump your battery. Your pipes are clogged, and we need to unplug them so that the energy and fluids can flow.'" — George Goodhart

12. Explaining Kinesiology to Clients

Simple language to help clients understand the work:

- **"Your dimmer switch is on."** We are electrical beings. When the voltage is lowered, we don't have peak health.
- **"Every muscle is connected to an acupuncture meridian and an organ."** If there's a blockage in energy circuits, the associated muscles lose power, which can cause pain.
- **"We're bringing up the power to light up the entire body and let it function at peak performance."**

Goodhart's Information Sandwich

1. **Assess the need** — muscle test, palpate, observe, listen, use finger modes.
2. **Supply the need** — apply the correction indicated.
3. **Observe the result** — retest to confirm the correction took effect.

"If you listen to the person long enough, they'll tell you what's wrong with them and how to fix it."
— George Goodhart

13. The SAVERS Morning Routine

A recommended daily practice for practitioners and clients alike, based on *The Miracle Morning*:

- **S — Silence:** Meditation, alpha-state reflection, spiritual connection.
- **A — Affirmations:** Tap in positive statements using temporal tapping. Even 30 seconds daily matters.
- **V — Visualization:** Touch CV 24, visualize the day going well. Create a subconscious blueprint for success.
- **E — Exercise:** Get moving. Get outside in early morning sunlight to set circadian rhythms.
- **R — Reading:** Even one paragraph of something inspiring.
- **S — Scribing:** Write in a gratitude journal. Gratitude creates a magnetic attraction field.

"The key to success is doing simple daily disciplines. They're easy to do, but they're easy not to do."
— Jim Rohn

14. Key Principles and Quotes to Remember

On Learning and Mastery:

"Repetition is the mother of skill."

"Learn everything you can about your instrument, and then forget it all and just play."

"The four things that make you learn: you see it, you hear it, you say it, and you do it."

On Practice:

"Goodhart, up until a few weeks before he died, would study two hours every day at 89."

On the Work:

"Everybody you run into is praying to find somebody with your skills to help them."

"Whatever upsets you — code it to bring you more peace and relaxation."

On State Management:

"It's what you tell yourself about whatever's happening in life that is really your experience."

"When you change the way you look at things, your life changes."

On Keeping It Simple:

"The simplest solution is the best solution."

"Have about five to seven techniques that you leave this week knowing solid."

Summary: Day 1 Skill Checklist

Use this to track your confidence with each technique covered:

- Time of Day Balance (testing and correction)
- Psychological Reversal Clearing for Muscle Testing
- Teaching a Client to Be Testable
- Neurological Switching Screen and Correction
- Injury Recall Technique — standard and self-correction
- Full-Body IRT Quick Screen
- Necktie Effect awareness
- Triad of Health framework
- Five Element Head Points assessment
- Meridian Tracing for point identification
- Acupressure Point Treatment Methods
- Origin/Insertion diagnosis and treatment
- Neurolymphatic Circuit Locating
- Gait Reflex check and correction
- Finger Modes (structural, nutritional, emotional, energy)

"I'm teaching you how to think. The finger modes give you so much information. As you learn more about what's in each of these, you know what techniques to apply. That's why I gave you the checklist." — John