



# ANIMAL KINESIOLOGY

## MODULE 1

WELCOME TO MODULE 1

In this module I will be teaching you how to muscle monitor, as this is main tool used by kinesiologists. I will take you through the process step by step both in this manual and through the instructional videos. You will be prompted to watch the relevant videos throughout this manual to ensure you learn the techniques in a sequential way.

So....let's start at the beginning.....

## WHAT IS KINESIOLOGY?

Kinesiology is the science of energy balancing that is grounded in the study of anatomy and physiology.

Kinesiology is defined primarily as the use of muscle testing to identify imbalances in the body's structural, chemical, emotional, or energy systems. It identifies the body's priority healing needs and then evaluates the changes after applying a broad spectrum of both manual and non-manual therapeutic procedures.

Kinesiology recognises there are flows of energy within the body that not only relate to muscles, but to every tissue and organ, creating a web of energy pathways, each one having an effect on the others. A kinesiology session is called a 'balance'.

In a healthy, well-functioning body, intermittent periods of stress can be absorbed and dealt with. The body will release hormones that will restore balance, calm the nervous system and re-instate homeostasis. When the body is exposed to larger amounts of stress; or experiences stress for a prolonged period, the normal energetic transmission of the body becomes disrupted and unable to flow smoothly. This in turn affects the smooth functioning of the body's bio-systems. The body is like a circuit board, and stress build up will cause a short circuit. As stress builds up, the body can no longer compensate and rebalance itself naturally, therefore symptoms such as physical pain, allergies, depression, digestive disorders etc present themselves as a result of these 'short circuits' in the body.

Kinesiology can also enhance learning, sporting abilities, and removing limiting belief systems.

## WHAT IS ANIMAL KINESIOLOGY?

Animal kinesiology is a new branch of kinesiology that has been pioneered by Claire Oats , an Energetic Kinesiologist and founder of Animal Energy Therapies. It follows all the same principles of human kinesiology, but the techniques are applied to animals.

There are some differences. Firstly, it is not always possible to monitor muscles on animals for obvious reasons. Animals are often unable to hold their limbs steady when trying to isolate a single muscle test, and they are unable to tell you if a muscle feels weaker or stronger. Animal kinesiology has therefore adopted the technique of muscle surrogacy. Surrogacy is when we transpose the energy of the animal onto the owner and then test the muscles via the owner.

This technique is not only used by kinesiologists, but also Osteopaths, Chiropractors and Naturopaths. It is highly accurate from a testing perspective and allows for more information to be accessed than using the limited muscle options available from the animals themselves.

This course takes animal kinesiology to a whole new level by incorporating the energy of you, the owner, into the balance. This is because at Animal Energy Therapies we recognise that we are *so* connected with our animals emotionally and energetically, that we must acknowledge that our energy will *undoubtedly* affect that of our animals too.

## WHAT IS MUSCLE MONITORING?

Muscle monitoring is the main bio-feedback tool we use in kinesiology. Muscle monitoring is a natural feedback system which receives information from the nervous system, and also from the subtle energies of the meridians. By monitoring muscles, kinesiologists are able to locate stress at a biochemical, physical and emotional level.

‘Stress’ in kinesiology terms, is anything that disrupts the nervous system and stops the body being able to rebalance itself, whether this is on a physical, biochemical or emotional level. The body can normally re-balance itself relatively easily when exposed to small and intermittent amounts of stress by releasing hormones to calm the nervous system. Elevated levels of stress for prolonged periods of time prove harder for the body to restore homeostasis. This is the main cause of dis-ease.

We are of course aware that the body functions as a whole, and when stress is held *anywhere* in the body, the effects are felt *everywhere*. An obvious example of this is in muscles. Muscles that are experiencing stress will test very differently to balanced muscles. When we test a stressed muscle it has reduced strength, and we often underestimate the effect emotions have on the physical body.

On an emotional level, emotional stress, as with physical stress, affects the signals from our brain to the rest of our nervous system. The signal becomes distorted, and if left untreated, this distorted signal can interfere with balance throughout the entire body.

[WATCH MUSCLE TESTING VIDEO](#)

## FREQUENTLY ASKED QUESTIONS - MUSCLE MONITORING

Q. How can I trust the changes in the muscle tests?

When first learning to muscle monitor, there is always a tendency to over-think things. You assume that your mind is consciously changing the muscle test. I find this the hardest barrier to overcome with regards to encouraging students to trust in the process. Don't be put off by self-doubt, just keep going because as we progress through the modules you will be assessing muscle changes every few seconds which means your conscious mind won't have enough time to catch up and influence things!

Q. I can't feel any changes in the muscle. Am I doing it wrong?

Everyone's energy is different, therefore the muscles will test differently. Rather than focus on whether the muscle feels weak or strong, think about how it feels *different* when switching between a 'yes' and a 'no' answer. In some cases the muscle can feel softer or spongier when switching from a 'yes' to a 'no' answer.

If you can't feel any changes at all it may mean that the energetic circuits, or those of the animal you are surrogating are scrambled. In this case, please refer to the pre-checks video for an explanation of the centring techniques. You may also want to check that you are hydrated and that you are not near a wifi modem, as this can cause interference.

## WHAT DOES MUSCLE MONITORING TELL US?

Throughout this course we are going to use muscle monitoring to identify the presence of stress in the body. By stress I am referring to an energetic blockage in the body or the body's energy field. We will be challenging (monitoring) the muscle whilst activating different energetic circuits to see how the muscle responds. If the muscle tests weaker when a certain circuit is activated then we know that stress is present in that area. The circuits we will be testing will relate to organs, muscles, chakras and meridians. We will also be able to test which acupuncture points have a restricted energy flow by activating them and challenging the muscle.

We can also use muscle monitoring to test which emotions are creating stress in the body. You will be taught how to scan lists of emotions whilst simultaneously testing a muscle to identify those which relate to the stress held in the body. The muscle will test nice and strong on all the emotions that the body has no problem dealing with, but will test significantly weaker when tested against a stressful emotion.

## PRE-CHECKS

Kinesiologists often refer to the energetic circuits of the body as being like a biocomputer. As with an actual computer, when you switch it on the operating system will run a series of pre-checks before everything is configured to work correctly.

The same pre-check or 'set-up' procedure can be applied to the body's biocomputer before a kinesiology balance. By performing pre-checks, we are ensuring that all the circuits are 'online' and that the information we will be collecting from the nervous system is accurate.

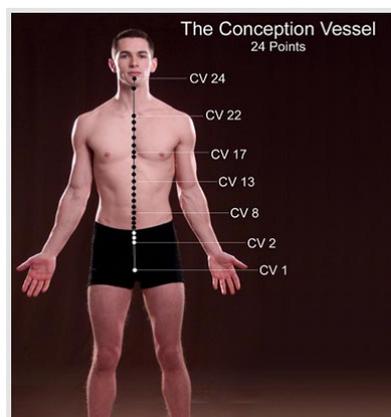
For the purposes of this course, there are 3 main pre-checks we will use.

### 1. Adequate Hydration - Hair Tug Test

Without proper hydration, the body's electromagnetic and physiological systems are impaired. The body's tissues and muscles require adequate hydration to maintain their electromagnetic potential i.e nerve impulses can travel throughout the body. Water is also vital for electrical and neurological signalling. It is also vital that the muscle we are monitoring is not impaired by dehydration.

To perform this pre-check we simply tug the hair gently. The roots of the hair are wrapped in free nerve endings. When the tissue of the body is sufficiently hydrated, the molecules slide smoothly around each other. When dehydrated, the molecules will resist each other, and when forced to move, will emit disrupted signals into the nervous system. When we gently tug the hair and stretch the skin, a burst of erratic signals enter the nervous system if the tissue is dehydrated. If we test a muscle immediately after tugging the hair in this instance, it will be weak. If this is the case then take a drink of water and re-test. Simply taking a few mouthfuls of water is enough for the body to recognise that water is present in the body in order for the nervous system to re-set back to normal. It is not necessary to wait until water has been fully absorbed into the body. It should be noted though that it is good practice to stop and drink a glass of water, and have your client do the same.

### 2. Central (Conception) Vessel Flush



The Central Vessel (CV) meridian is important for grounding, centring and balancing the body energetically. Balancing this meridian has a significant impact on calming the nervous system which is beneficial prior to performing a kinesiology balance. It means we can access information easily and our muscle tests will be clear.

The energy in the CV meridian can sometimes become blocked due to stress, and in extreme instances the energy sometimes flows in reverse.

- Step 1            Use either hand and place it a few inches out from the body just below the groin area. Trace the meridian upwards to your chin and then back down.
- Step 2            Repeat this 3 times. This has the effect of flushing and unblocking the energy.
- Step 3            I now want you to run the meridian in the proper direction only - upwards. Run your hand from the bottom, upwards to your chin then take your hand away from the the body and meridian line. Return your hand to the bottom and run it again from top to bottom. Repeat 3 times overall.

### 3.        Neurological Switching

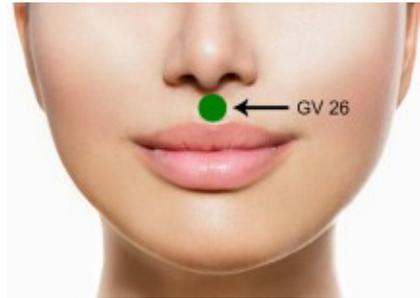
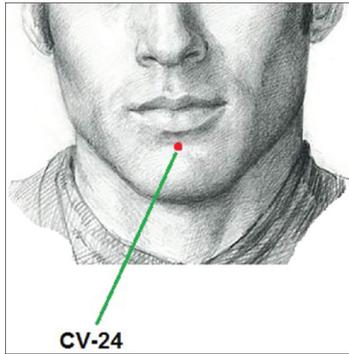
Neurological switching relates to how the body and mind reference its position in relation to the external world. In some cases there can be neurological confusion and problems with spatial awareness. An example of this would be when people consistently point to the right when they mean to point left. A person or animal's perception of their body's orientation in space is dependent on energetic 'maps' that the brain produces. If there is neurological confusion, the orientation of the body's energy also becomes confused. The result is scrambled signals flowing through the body.

Energetic kinesiology also acknowledges that each side of the body has a slightly different electrical charge. The left side of the brain and front right quadrant of the body has a slight positive charge, whereas the right side of the brain and the front left quadrant of the body has a slight negative charge. This creates polarity. Mental processing relies on this polarity to determine the body's orientation in space. If this polarity becomes reversed for any reason, the information flowing to the brain is scrambled. From a kinesiologists point of view, this needs to be corrected before reliable bio-feedback can be obtained from muscle monitoring.

There are three main sequences of holding points that correct different aspects of orientation in space. Full instructions are given in the video accompanying this section.

#### **Top/Bottom Switching**

The points you are going to be activating are acupressure points CV24 and GV26. These points are the very end points of the Central and Governing Vessel meridians. CV24 is located directly below the middle of your bottom lip. GV 26 is located just above the middle of your top lip.



To activate the points use your thumb to hold one point, and your index finger and middle finger together to activate the other point. You will rub the points using the fingers of one hand whilst holding your other hand over your navel. After about 20 seconds, switch hands and activate the points again with your other hand. This is because we are addressing polarity issues, therefore using fingers with a neutral charge and switching hands will reinstate polarity.

Potential Issues:

- Confusion about top or bottom of the body.
- Difficulty walking up or down stairs.

### Left/Right Switching

The points you are going to activate are acupressure points Ki27 - this is point 27 on the kidney meridian. These points are located in the fleshy dip just below the ends of the collar bone. To activate the points use your thumb for one point and your index finger and middle finger together to activate the other point. You will rub the points using the fingers of one hand whilst holding your other hand over your navel. Again, you will switch hands after approximately 20 seconds.



Potential Issues:

- Confusion between right and left side of the body.
- Learning difficulties

## Front/Back Switching

The point you are going to activate is located at the tip of the tailbone (coccyx). You can use your whole hand to rub this point whilst holding your navel with the other hand. Again, switch hands and repeat.

Potential issues:

- Causes confusion about the front and back of the body.
- Un-coordinated movement backwards.
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**WATCH THE PRE-CHECK VIDEO**

## MUSCLE / ENERGY SURROGACY

Muscle surrogacy is used in many modalities such as chiropractic, naturopathy and osteopathy. In some cases the practitioner will use one muscle as a representative of the body as a whole, e.g. when testing for food intolerances. The practitioner will test a muscle to make sure it is strong, and will then have the client hold a certain food or place it under their tongue. If the muscle tests weaker in the presence of the food then it is assumed the body has an intolerance to this food as it weakens the body. In this instance, the muscle being tested is representative of the body as a whole.

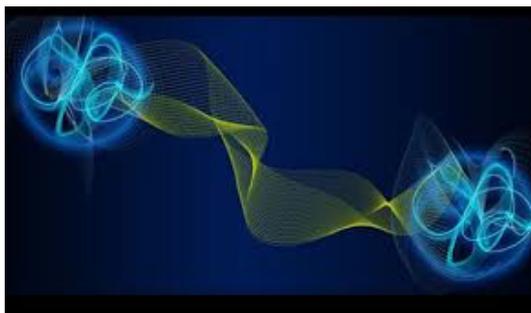
Another case where muscle surrogacy is used, is when a practitioner needs to work on, or test, a muscle that is not accessible. It may be located too deep in the body, or the muscle may be too painful to test if an injury has been sustained. The practitioner can surrogate the energy of this inaccessible muscle onto another muscle that can be more easily tested.

When working with animals, there are a number of reasons why kinesiologists are unable to muscle monitor on the animals directly. Firstly, it is difficult to isolate a muscle and encourage the animal to hold a steady position whilst you test. Secondly, the animal may be extremely stressed at being handled. Lastly, an animal's survival instinct will kick in and as you apply pressure to a part of their body, they will move away from it, making the test ineffective.

Using muscle surrogacy opens up the scope of using kinesiology with animals, particularly when applying distance healing.

## HOW DOES ENERGY SURROGACY WORK?

Although at first the idea of surrogating energy may seem bizarre and far-fetched, it does in fact follow the laws of quantum physics, more specifically the 'Law of Entanglement'. This law dictates that when two particles are separated, even by long distances, they will continue to behave as part of the greater whole.



If the polarity or spin of one of these separated particles is altered, then the other particle responds accordingly, mirroring the first. These changes happen hundreds of times faster than the speed of light - essentially instantaneously! Einstein referred to this phenomenon as “Spooky action at a distance”.

When working with animals, there are two ways that either you (the practitioner), or the owner, can be the surrogate for the animals energy.

**Option 1** The owner can physically hold or touch the animal. If working on a horse, then the owner can hold the horse or lead rope whilst you test the owners muscle. If working on a dog, then the owner can either hold the lead or have the dog on their knee.



**Option 2** A hair sample can be taken from the animal. The owner would hold the hair sample and you would test their muscles, or you could hold the sample yourself and self-test. This is the best option for working on your own animal, or if neither the animal or owner are present.

The law of entanglement applies to the hair sample taken from the animal. Even though the hair is removed and may be a great distance from the animal, the particles are still energetically connected. Once we tap into this energy via surrogacy, any testing we do is in direct communication with the animal itself, and once we apply kinesiology corrections, the energetic effects on the animal are instantaneous.

## WATCH THE VIDEOS ON MUSCLE SURROGACY AND SURROGACY ON A THIRD PARTY

### Surrogacy Process

- Step 1        Run the pre-checks on the surrogate (either yourself or the owner/third party).
- Step 2        Connect the animal to the surrogate by either having them touch the animal or holding the hair sample.
- Step 3        Verbally ask for permission to work on the animal. ‘Do I have permission to perform this balance?’, or something similar. Immediately after asking the question, muscle test for a ‘yes’ or ‘no’ response.
- Step 4        If ‘no’, ask if there is someone else who can be the surrogate. Muscle test some options to find the best person to surrogate the animal’s energy.
- Step 5        If ‘yes’, perform the pre-checks, as this will now be centring and grounding the energy of the animal.

### TESTING FOR STRESS

Let’s now apply the techniques we have learned to clear some emotional blockages that you may have. We can focus on some limiting beliefs you may impact your ability to accept these new lessons.

When learning a new skill or attempting to address a problem with your animal, there is a certain element of fear involved,

What if I can’t do it?

What if I get it wrong?

What if I can’t get the techniques to work?

What will my friends say when I tell them I am learning energetic techniques?

You get the idea.....so let’s clear any of these emotional blockages that may hold you back from getting the best results possible.

DOWNLOAD AND PRINT OFF THE DOCUMENT ‘FEAR STATEMENTS’

Let's find out what the root cause of your fears may be. We all have fears around learning and trying something new, some larger than others. You will now muscle test to find the exact cause that applies to you. You will see that the 'Fear Statements' you have printed out is a list of phrases or words. You are now going to scan these emotions to find out which one causes stress within your body.

## SCANNING EMOTIONS

Kinesiologists are able to scan lists of emotions, charts, diagrams, neural pathways etc to pinpoint the ones the body give a stress response to.

Step 1            Run your pre-checks

Step 2            Muscle test using your finger lock for a 'calm' and 'stress' response'. Same as 'yes' and 'no', but we want to use it in a slightly different way.

Step 3            Say the following out loud

“I learn and understand new things easily.”

This is the goal we are setting for this mini balance. This means that you are telling your body that this is the aim, therefore your body will show any belief or blocked emotion that prevents this statement being true for you.

Step 4            With the page of statements in front of you ask the following questions to help narrow down your search.

“Is the emotion located in top or bottom half of the page?”

Test for a 'yes' or 'no' response.

Go to that section of the page and begin saying the emotions out loud, muscle testing as you say each one. If a statement is not true for you, as in your body HAS NO issue with that particular fear, it will give a 'calm' or muscle strong response. If your body HAS an issue with a particular statement then the muscle will give a 'stress' response, which will be a weak muscle test.

Step 5            Write down the fear statements that show up for you.

Great! Now that you know which emotions are blocking you understanding and learning things easily we can clear that stress. To do this, use the technique below:

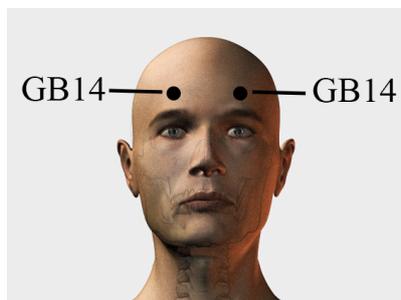
## EMOTIONAL STRESS DIFFUSION

When we trigger fears in the body, our brain starts to respond from our survival emotion centre. The brain believes it to be a *real* fear instead of a limiting belief we may have. As a result, the fear can feel real and we will feel it *physically* in the body.

As the brain shifts the body into fight/flight mode, the blood supply to our brain changes and it moves away from the area that forms rational thoughts (front area of the brain), and becomes concentrated in the deep centre where the survival emotions reside. This means any emotions we produce are coming from this area that governs fear, threats and dangers. The emotional will obviously far exceed the *actual* threat of the situation, because of the part of the brain that is sending the response.

With regards to learning, if we have a fear that we are not good enough, or that we are stupid, the survival emotions will respond instead of our logical brain. Until we can encourage the logical brain to respond to the situation, we will find it hard to concentrate and learn.

In order to return the blood supply back to the pre-frontal cortex (rational thought area of the brain), and out of survival mode, we need to hold two acupuncture points on our forehead.



As you think about the fear statements that showed up for you, I want you to hold those points in the diagram. At first you may feel nothing, but eventually you will feel them start to pulse slightly. If the pulsing becomes synchronised, then it is time to let go. If you don't feel anything at all then simply hold for a few minutes and then release them.

Once you have cleared the stress by holding the points, test the emotion again using your muscle test and check it tests strong and clear. If it still tests weak, you can hold the points a bit longer.

## HOMEWORK

I want you to practise all of these techniques, both on yourself and other people. Practise surrogating an animals energy onto yourself and a third party to get used to what that feels like and observe how the muscles change from a 'yes' to a 'no' response.

Post any questions you have in the closed Facebook group, link below.

<https://www.facebook.com/groups/144639569718979/>

SEE YOU IN MODULE 2