



ANIMAL KINESIOLOGY

MODULE 5

Welcome to Module 5!

This is the final module in the course. In this module we will be exploring some of the *physical* signs of an unbalanced animal and use this to determine which corrections you could use to help the situation.

You may be a practitioner in another modality, or you may have other tools available that you can incorporate into your work with animals, or wish to use on your own animal. In this module I will explain how to combine modalities and muscle test for lots of additional correction options you may have available to you.

Finally....let's combine all you have learned into a full kinesiology balance!

Let's get started!

PHYSICAL STRESS

When stress first affects an animal, it does so initially at an energetic level. This means the animals aura is the first level to be penetrated. If the stress cannot be resolved and re-balanced at this level it will then move into the emotional level of the animals energetic body. This is where we start to see changes in behaviour including anxiety, fear and aggression. If the stress is not resolved at an emotional level, then the problem will perpetuate and manifest on a physical level. In the case of anxiety related problems you will typically see physical symptoms such as allergies and auto-immune disease. With aggression issues, liver problems are very common.

**It is important to note that you must never diagnose disease or suggest to owners that there may be an issue with an organ! If you have some medical history on the animal, you will be able to logically find a starting point to begin correcting on an energetic level, using the information in this course.*

CHECK FOR PAIN

If you are working with your own animal or that of a client, I always advise that you check the animal physically to identify any signs of pain. Pain can have a significant impact on an animals behaviour, making them aggressive or hand-shy. If you suspect the animal is in pain then please refer to a veterinarian or a bodywork practitioner such as a Bowen Therapist, Emmett Technique Practitioner or similar.

OBSERVING MOVEMENT

Observe how the animal moves and you will be surprised how easily you can spot lameness or when one leg is favoured over another. Although correcting muscle imbalances on a physical level is best left to bodywork practitioners, it is important to note that you *can* correct them energetically!

MERIDIANS AND MUSCLES

Kinesiology recognises that each meridian not only has an organ it supplies energy to - it also feeds energy to a specific muscle. If the animal you are working on is lame or is having problems with a certain movement, you may be able to identify which meridian is involved by observing the muscle under stress. If you know the muscle involved you can correct the associated meridian which will rebalance the muscle.

DOWNLOAD THE SHEET 'MERIDIANS AND MUSCLES'

Kinesiologists are able to test over 50 different muscles in the body to determine how meridian stress is impacting the function of the body physically through the musculoskeletal system (muscles and bones). As this is an introductory course it is impossible to go into the technicalities of muscles testing on over 50 different muscles, but having a basic understanding of how pain manifests in the body, and how this pain may affect movement, will set you in good stead for identifying a correction using meridians.

Many animal and human clients will present with physical pain, and often the animal will be mirroring the owners pain. I cannot emphasise enough how important it is to observe the owner and ask them questions about any pain *they* may be experiencing as this could be the same issue that is showing up with their animal. I would say in approximately 70% of pain cases referred to me are when the pain the animal is experiencing is the *exact* same as a pain that is present for the owner.

Let's now discuss the 'Meridian and Muscles' download. You will see from the table that I have listed the meridian along with the muscle it supplies energy to. To make it easier to identify if a particular muscle is under stress I have also listed the location of the muscle and the type of movement that particular muscle facilitates.

Working with a physical pain is very similar to working with an emotional problem manifesting as a behaviour problem. You will first identify where the pain is located, which muscle may be involved and then which meridian that particular muscle relates to. You will then continue to collect all of the stress as per the other modules as all physical pain will have originated from an energetic and then emotional core issue.

BALANCING A MUSCLE - THE PROCESS

- STEP 1 Observe the moment of the animal and note any lameness or favouring of one limb over another.
 - STEP 2 Use the table to find the closest muscle related to the issue.
 - STEP 3 Find the associated meridian
 - STEP 4 Use the meridian emotional sheets to collect information on the emotion behind the stress.
 - STEP 5 Owner Reactivity. Use the emotions sheets to identify the emotional stress from the owner that may be contributing to the problem.
 - STEP 6 Ask if the owner has a similar physical issue.
 - STEP 7 Ask if an Age Regression is required with another emotion.
 - STEP 8 Perform a meridian balance.
 - STEP 9 Ask if there are any other corrections required and complete them.
 - STEP 10 Re-check the physical movement of the animal.
- Note: At this stage of your learning I suggest you only consider working with physical conditions if you have the animal physical present.

When working with an animal I know that if a meridian is out of balance that I should also check to see if there is anything I can do to correct the associated muscle on a physical level. This is where I integrate my bodywork modalities to ensure I have corrected the imbalance at an energetic, emotional and physical level. I highly recommend learning a modality that allows you to work on physical issues to compliment your kinesiology work.

NOW WATCH THE VIDEO 'WORKING WITH MUSCLES'

INTEGRATING OTHER THINGS YOU KNOW

The most useful tool kinesiologists have is the ability to muscle test. You can use this tool and apply it to anything you already know. One example is when collecting information about the stress that is present in the body. Up until now you have been scanning the emotions sheets and meridian information as part of this course, but the options available are limitless!

When you have located stress e.g. in a meridian or from a certain age, the next step is always to collect information on the emotions relating to this. This is such a crucial part as this gives you the context and the story behind what is going on. It allows you to understand at a deeper level what is driving the problem behaviour for the animal and it also creates a vital bridge of connection with the owner.

There are lots of options when it comes to collecting and identifying the emotional information to add into the circuit. Remember, the more accurately you can identify the emotions, the more effective the correction will be.

I want you to consider all of the information you have around you, and how this could be used to scan for information. For example, I have approximately 100 flower essences, 50 essential oils and shelves full of books. Although I will always start with my emotional sheets similar to those you have downloaded, I will always ask:

‘Is there any other information/emotions I need to find?’

I am always asking for a ‘yes’ or ‘no’ response.

I will then ask the following questions:

‘Is it a flower essence?’

‘Is it an essential oil?’

‘Is the information is a book? If so, which shelf, which book, which page etc?’

I will muscle test each step of the way to find the information I need in order to add it into the energetic circuit I am working on. I keep asking if there is any more information I need until the indicator muscle holds strong, meaning I have collected all that is necessary.

Many years ago when I lived in Scotland I had a session with my own kinesiologist. I had been thinking about learning kinesiology, but had not established if there was a place for it in the behavioural work I did with animals. I was also contemplating a move to Australia which had created a lot of stress for me. Was it the right thing to do? Would I be able to continue my work with animals when I got there? Was it wise to walk away from my successful dog training school and relocate? So, I needed some clarity around decision making and knew my kinesiologist could help.

She helped me work through all of my issues, clearing stress as she went. At the end she asked if there was any other information I needed to help my journey forward. She began muscle testing for things within her treatment room, but quickly realised it was something else. She finally pinpointed it to a magazine in the waiting room and gave me a page number.

It was an old magazine from a Sunday newspaper and the article on that page was about dogs in rescue centres. The writer spoke about a particular dog that had been rescued and had brought such meaning and joy to its new owner's life. The dog had helped the owner recover from emotional problems and as a result he had learnt so much about himself - through his dog!

This was the link I needed to have clarity around not only how I could incorporate kinesiology into my work, but WHY I should. That piece of information right there changed the course of my work, which is why it is important to keep asking if there is anything else the client needs to know.

INTEGRATING MODALITIES

I not only use muscle testing to find emotions, I will also muscle test to find out which particular corrections I should use.

Not only do I muscle test for all the kinesiology corrections I know, but I also ask if there are any Bowen, Emmett or 'other' corrections I can use. The animals energy is connected to the endless energetic matrix that surrounds us. Within this energy matrix the animal can access all of the knowledge and skills that you have (as a healer) and pick the one that is going to give them the best result.

If you use any other modalities then always muscle test to see if any particular technique is required that you already know. On a basic level this may be an essential oil, a flower essence or a colour. At a more advanced level it may be a specific bodywork move, adjustment or homeopathy treatment, to name just a few. Trust that the animal knows what you have available and will select accordingly.

COMPLETE KINESIOLOGY BALANCE

Now you have gained all the skills from this course, let's look at how you will put this all together into one complete kinesiology balance, step by step.

- STEP 1 Perform pre-checks (hair tug, central vessel flushing and switching) on yourself if you are the surrogate, or the person surrogating for the animal.
- STEP 2 Set up the surrogate. If you are the surrogate, have a small piece of the animals hair in a tissue somewhere on your body. If the owner is the surrogate, have them touch the animal either directly or by holding the lead.
- STEP 3 Using muscle testing, ask if you have permission to use a surrogate to work on the animal. If no, try a different surrogate. If yes, then proceed to the next step.
- STEP 4 Identify the problem behaviour or issue you want to work on.
- STEP 5 Identify all the triggers and situations when this behaviour or issue occurs.

- STEP 6 Have the owner or surrogate visualise the issue, and the situation it occurs in, until a stress response shows when you are muscle testing. This indicates the stress is now being picked up in an energetic 'circuit'.
- STEP 7 Using muscle testing, scan the emotions sheets to pinpoint the emotions driving this behaviour.
- STEP 8 Test all of the Alarm Points to find out which meridian is holding the emotional stress. Go to the meridian emotion scan sheet and find the related emotion(s).
- STEP 9 Use the hand mode 'Organ' (holding index finger to pad of thumb) to tell the body you are now looking for the organ that is holding the emotional stress. Go through the Alarm Points again to find the organ involved.
- STEP 10 Check for owner reactivity. Wave your hand over the surrogate's head and check immediately for a stress response in the indicator muscle. This indicates that there is a blocked or unprocessed emotion within the owner that affects the behaviour or issue of the animal.
- STEP 11 If 'yes' to owner reactivity, scan the emotions sheets to find the emotion causing problems with the owner.
- STEP 12 Discuss where these emotions are showing up for the owner in their life and how it relates to the problem they are having with their animal.
- STEP 13 Moving your focus back to the animal, use 'Time Mode' (thumb placed between 1st and 2nd knuckle of middle finger) and ask if you need to do an Age Regression. If 'yes', count backwards to find the age and month which indicates a time when an incident or situation occurred that is significant to the current issue.
- STEP 14 Scan the emotions charts to find the emotion that relates to this time. There may be several.
- STEP 15 Discuss the time and emotions that showed up for the Age Regression with the owner and make the connections to the current issue.
- STEP 16 Muscle test to determine which of the corrections you need to perform to balance the energy. I suggest testing for stress i.e. as you are going through your list of corrections, your indicator muscle will go weak when you get to the one you need to use as this is one that is currently unbalanced in the body.
- STEP 17 Ask if there are any further kinesiology corrections required.
- STEP 18 Ask if there are other corrections required that you know e.g. bodywork or other.
- STEP 19 Recheck the circuit. This means you will have the surrogate visualise the issue as in the beginning, and this time check that the muscle holds strong instead of giving a weak response.

STEP 20 Close the circuit by removing the animal hair from either yourself or the surrogate, or have the owner drop the lead and move away from the animal for a few seconds. Visualise the energy between you, the owner and the animal being disconnected and energetic cords being cut.

THAT'S ALL FOLKS!!

I hope you have enjoyed this course and now have some new skills to take care of you, your animals and the animals around you.

Intention is everything and as long as you work with the intention of helping the animal in the best way possible, your intuition will help guide your way through the process of the kinesiology balance.

Please don't forget to make use of our student Facebook page to ask any questions as they come up and keep tuned in for details on upcoming workshops, webinars and videos.

I am so glad to have been part of your journey in working with animals and I welcome you to join me in changing the world for animals and their owners, one animal at a time.

Claire. xx