

Assessing & Correcting Energy Disturbances

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Six Energy Disruptions & How to Correct Them

Non-polarization:

This is when the energy field is swirling & has no positive or negative polarity.

What you may see in the child:

- Chronic emotional problems since energy field isn't stable
- Muscle checking will be unpredictable
- Impossible for any psychological treatment to hold
- Thoughts & actions will be mixed up
- May have significant food & environmental allergies
- Child may have structural or body alignment problems
- Child has either experienced significant traumas or is affected by EMFs

Correcting Non Polarization

- Remove unfriendly EMFs from environment
- Lots of water, healthy food & nurturing of the child
- Daily energy routines including Brain Gym
- Eliminate food & environmental allergies – check nutritional supplements
- Correct structural problems with chiropractic & Cranial Sacral treatments
- Three Brain Switches, Collarbone Breathing & Heart Brain Dyslexia corrections
- Use of EMFs neutralizing devices or shields

The Three Brain Switches

1. Rub K-27 spot while holding 2nd hand over navel (switch hands & do again)
 2. Rub duck lips while holding 2nd hand over navel (switch hands & do again)
 3. Rub coccyx while holding 2nd hand over navel (switch hands & do again)
- Remember to take slow deep breaths while doing these energy switches!

Neurological Disorganization or Switching:

The Central Nervous System is not organized to give consistent electrical signals because of a polarity imbalance between left & right sides of the brain and the front & back of the brain. It is called switching.

What you may see in the child:

- Inaccurate muscle checking because of inconsistent signals - switching
- Child may be reversing letters & numbers
- Confusing left & right & spatial directions
- Saying opposite of what they mean,
- Child is very awkward and clumsy
- When child walks may notice abnormal gait with homolateral arm swings
 - Child often has learning disabilities, food allergies and neurological toxins

Neurological Disorganization:

Assessing Neurological Disorganization & Switching:

- 1) Muscle check for dehydration
- 2) Ask them something true and something false
- 3) Hand over head method – palm up & then palm down
- 4) K – 27 Therapy Localization Method with 2 fingers, then knuckles

Correcting Neurological Disorganization

- Activate 3 Brain Switches - This is a quick correction but may not last long (page before)
- Nasal Taps –Tap rapidly for about a minute simultaneously on both sides of the nose
- Collarbone Breathing Technique - Corrects front/back imbalances. (See box below)
- Cranial Sacral & chiropractic care may be helpful
- Listen to Hemi Synch to synchronize brain waves/hemispheres

Collarbone Breathing Exercise

- Place 2 fingers from left hand under the collarbone on left side where it meets the sternum (K 27 spot).
 - Find the gamut point on the back of the hand between the 4th & 5th knuckle.
 - Tap the gamut spot with 2 fingers from right hand at least 5 times while doing the following:
 - Breathe halfway in.
 - Breathe all the way in.
 - Breathe half way out.
 - Breathe all the way out.
 - Breathe halfway in.
 - Repeat with left 2 fingers under the right collarbone at K 27 spot. Tap the gamut spot while breathing.
 - Hide the thumb inside the left hand & repeat this procedure while touching knuckle at left K 27 spot.
 - Repeat this procedure while touching knuckle at rt. K 27 spot while tapping gamut point and breathing.
 - Repeat this whole sequence of the 4 positions with the right hand, tapping at the Gamut Spot & doing the patterned breathing.
- If done correctly you will have had each hand in all 4 positions while doing the specialized breathing & tapping. Because of the position of the fingers & breathing it will cause the energy polarity to correct.

Psychological/Energetic Reversals:

When the polarity is reversed (north pole at head has flipped with south pole at the heart) and the flow of energy is reversed in the meridians, a polarity reversal between the top & bottom of the body is created. This often is recognized as a self sabotaging mental state with incongruity between the conscious & the subconscious mind. Psychologically the child will be drawn to what is harmful and repelled by what is helpful.

What you may see in the child:

- Child has a poor attitude and generally is unpleasant to be around
- Child may self sabotage and create problems for self and others.
- Child is uncooperative and may do the opposite of what is asked.
- He makes poor choices & may hurt self and others.

Psychological/Energetic Reversals:

Assessing for psychological reversals:

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1) Have child say; "I want to be happy. I want to be miserable."
Muscle test after each one. If they are weak on wanting to be happy & strong on wanting to be miserable, then they are reversed.

2) Sweep up and down central meridian with hand & muscle check. If child is weak when zip up & strong when zip down, they are reversed.

3) Have the child walk forward 6 steps & muscle test & walk backwards 6 steps & muscle test. If they are weak after walking forward and strong after walking backwards, their energy is reversed.

To correct:

- 1) Continuously tap one hand against the other at the karate spot and say, "I like myself and I am a great kid even though my battery is upside down." Repeat 3 times taking some nice deep breaths to help the energy move.
- 2) Rub the Sore Spot on the left side of the chest circling in a clockwise direction and say, "Even though my energy is reversed, I like myself and I am a terrific kid". Repeat 3 times with the deep breathing.
- 3) Rub the K-27s (Brain Buttons) briskly to correct the reversal.
- 4) Rapidly zip up and down the central meridian several times while child takes some slow deep breaths.

"Over-Energy" Problems:

When there is a disruption in the energy flow between front and back of the body, it will show up as "over energy". Stress or anxiety is often the cause. Child will be stuck in the primitive part of the brain so just reacts.

What you will see in the child:

- Child will have strong/strong energy when muscle checking.
- Child may appear stressed & anxious or be hyperactive.
- Child may be confused, spacey or unable to concentrate.
- Child may have trouble falling asleep at night due to over energy.

How to test:

- Zip up central meridian to lip and muscle check. (Should test strong)
- Zip down central meridian and muscle check. (Should test weak)
- Ask child any true/false question such as their name/ & another name

How to correct:

- Do a Hook Up. (See box below)
- Tame the Dinosaur (See box on the next page)
- Rub the bottom of each of the child's feet with a metal spoon in a counter clockwise direction to pull out over energy. Child will find it calming.
- Sedate Triple Warmer Meridian by holding hand over front of knee & back of elbow for several minutes. Move to opposite side of body & repeat same procedure. Then hold outside of little toe with a finger and between the 4th & 5th fingers with a finger from opposite hand. This is held for several minutes and then repeated with opposite side of the body. The child will often feel tingling or an energy sensation moving down in their body & out of their foot.

Over Energy Correction:

Hook Up for Over Energy

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- 1) Cross left ankle over the right one.
- 2) Place hands out in front, arms extended, with backs of hands touching, thumbs ↓
- 3) Lift right hand over left hand & then holds palms together.
- 4) Clasp fingers together.
- 5) Fold hands and arms inward & rest on chest, under chin.
- 6) Breathe deeply while resting tongue against upper palate behind teeth
- 7) Relax the tongue on the exhale
- 8) Hold position for a minute or two and notice how you feel inside.
- 9) Uncross legs and hands and place finger tips together for 30 seconds to a minute
- 10) Notice how the energy feels between your fingertips.

Taming the Dinosaur

- 1) Rub your hands together quickly to energize them. Shake them off.
- 2) Take both of your hands and hold them close to either side of the child's ears.
- 3) With a slow sweeping motion without touching the child's body, go around ears and down each side of the head, neck & arms & off of their finger tips. Your hand will work like a magnet to collect over energy and sweep it down & off of the child thus calming them down.
- 4) repeat this motion 3 to 5 times or until the child visibly is doing better.

“Under Energy” Problems:

This is when the electrical system is depleted of energy or blown out. Often the child is sick, dehydrated, or feeling overwhelmed.

What this looks like in the child:

- Child will test weak/weak when muscle checking.
- Child is tired, confused, weak or unable to concentrate.
- Child is probably dehydrated and may be feeling stressed.
- Child will have low energy or may be physically sick.

How to test:

- Check for dehydration. Have them pull on a lock of hair while you muscle test. If they are weak, they are dehydrated.

How to correct when muscle response is weak/weak.

- 1) When the child is dehydrated, have them drink water.
- 2) Tap thymus in center of your chest with your fist, smile & say, Ha! Ha! Ha!
Repeat at least 3 times or more while taking deep breaths.

Homolateral Energy Flow:

This is when your energy is in a stress mode & is flowing straight up and down instead of crossing over to facilitate whole brained functioning. This creates an inefficient brain state where the child will think with one part of the brain at a time compromising learning. When the energy stays stuck in homolateral flow for too long, dis-ease will follow.

Homolateral Energy Flow:

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What you may see in the child:

- The child feels stressed and does not think clearly.
- The child may be highly anxious or depressed.
- Physically the child may be slow because their body is only operating at 50% efficiency. They may feel a lack of energy or feel tired all the time.
- Exercise may actually weaken the child.
- The immune system is not functioning effectively either.

How to check for Homolateral Energy Flow

1. Have the child look at an **X** and muscle check. They should be strong.
2. Have the child look at 2 **||** (parallel) lines and muscle check. They should be weak.

If they are weak on **X** and strong on **||** lines they are in homolateral flow.

Correcting Homolateral Energy Flow

Do the three thumps to wake up stagnate energy

- This will improve energy levels.
- It will balance blood chemistry.
- It will strengthen immune system.
- It is good to do the 3 Thumps daily to keep yourself energized

Three Thumps

1. Tap or massage K-27 (just under the collar bone) vigorously while breathing deeply for at least 20 seconds.
2. Thymus Thump (about 2 inches below K-27 on sternum in center of the chest). Breathe deeply while firmly tapping on thymus with finger tips or fist for 20 seconds. Repeat using other hand.
3. Spleen meridian thump (straight down from thymus to end of sternum, slide fingers straight across until centered under breast) Using finger tips thump strongly while breathing vigorously for 20 sec.

Do Cross Crawls to facilitate whole brained thinking & a balanced flow of energy between both sides of the body

- Crossover of energy between 2 hemispheres increases learning potential.
- Helps the child to be better coordinated & efficient at motor tasks
- Child feels more calm and balanced

Cross Crawls

1. Rub or tap the K-27 points under the collar bone with each hand for about 20 seconds to insure the energy is traveling in the natural direction. 2nd hand should be over navel.
2. Next while standing, lift your right hand and left leg at the same time and touch you hand across the mid line to the raised knee.
- 3 Release the right hand and left leg and then do the same movement with your left hand and right leg creating a rhythmic crossover marching movement
4. Continue this crossover movement for at least six or seven pairs. Any kind of cross over lateral movement that involves moving opposite hand and leg at the same time will create the same effect. How many different ways can you do the cross crawl movements

Homolateral Energy:

Correction of Homolateral Energy Flow

1. It often is helpful to do the homolateral crawl to help the body get out of a stuck energy pattern. Start with rubbing the Brain Buttons or K-27 points briskly to get energy flowing in correct direction.
2. Take right hand and touch raised right leg just like a puppet pulling on a string. This can be done in a march step for 6 pairs.
3. Switch to cross crawl pattern for at least 6 pairs.
4. Alternate between homolateral crawl & cross crawl for at least 3 sets of each.
5. Always end with a set of cross crawls to make sure energy is crossing over. If homolateral it is good to do this at least twice a day.

The Wayne Cook Posture (A form of the Hook Up)

- Helps children who are dyslexic or who stutter.
- Helps children focus more clearly & learn more efficiently.
- Helps child deal with inner confusion.
- Helps child deal with anxiety, obsessiveness, depression, or excessive anger.

Wayne Cook Posture

1. Sit in a chair with your spine straight.
2. Place your right foot over your left knee. Wrap your left hand around your right ankle and your right hand around the ball of your right foot. This crosses energy over.
3. Placing your tongue up in the center of your palate, breathe in slowly through your nose. As you are breathing in, pull your leg toward you, creating a stretch. As you exhale through your mouth, allow your tongue to return to normal & your body to relax. Repeat 4 or 5 times.
5. Repeat with the opposite leg so that the left foot is placed over the right knee and the right hand is wrapped around the left ankle. The left hand should be holding the bottom of the left foot as you breathe deeply.
6. Uncross your legs and place your fingertips together in front of your chest. Breathe deeply while you notice the energy coming into your hands. Is it humming, tingly, hot or throbbing? We don't often tune into this vital life force within us.

Another exercise which is helpful in getting the energy to cross over is doing Lazy 8's. To start with they can be drawn on paper before attempting to make them in the air.

Lazy Eights

1. Starting in the center of your body draw up and to the left forming a complete circle as you continue around. Use your eyes to follow what your hand is doing.
2. When you get back to the center go up and to the right forming another circle which brings you back to the centre again. This should look like an 8 which is lying down. Do this 3 to 4 times.
3. Switch to alternate hand & repeat 3 to 4 times. Also do it with both hands at the same time.