

# STRESS – Bio-Energetic Blocks and Specialized Kinesiology

By

Kate 'Sunny' Montgomery

In Feb of 2016 I was introduced to NES and had my first scan. As my scan was reviewed, I began to see how the bio-energetic blocks correlate to the findings in specialized kinesiology.

Most tests are about evaluating some form of Stress in the body. Stress is the major factor in how the body responds to all around it and what is put in to it. The NES scan reveals the body's Stress patterns. Stress creates energetic distortions and eventually a possible dis-ease process may begin.

Before a scan, I assess my client's energetic fields through muscle testing. Then I have the client follow my directions so they do a self-care program prior to the scan. These techniques can be done everyday to maintain energetic balance and lessen stress in the body.

Here are a few of the Specialized Kinesiology techniques I found to correspond to a NES scan. After a balance, I have found the client to become more clear, connected and in their body. I believe, this ensures a better scan where the deeper bio-energetic blocks exist at the time of the NES scan.

## Specialized Kinesiology Techniques

1. **Switching:** A physical/mental/emotional distortion = Emotions, Brain Balance, ESR

1. Ask the client to march in place. If the person hesitates to perform the movement or has to think about the request they are switched.
2. Begins marching but does not swing their arms, and barely lifts the legs – they are switched.
3. When marching instead of cross crawl, R to L, L to R, they begin to march in a homolateral pattern, L to L R to R. Any brain trauma or shock to the body can elicit this response – they are switched.

These indicate energetic blocks in the physical and nervous system.

## Correction:

1. Have the client look at the letter 'X' moving the eyes in a clockwise direction then in a counter clockwise direction. You can also draw a figure 8 in air and on paper. This translates to crossing the midline to synchronize the brain R to L.
2. March in place touching L hand to R knee and touching R hand to L knee. Keep this up until it is easy to do. Remember to breathe. Holding your breath stops the flow of energy in the body.

2. **Boundaries:** Practitioner - Maintaining a secured boundary when working with a client; clearing the client's boundaries. This associates with BFA, Grounding.

Do you have secured boundaries? As doctors, practitioners, healers we work with people whose boundaries, Chakras are leaking energy, or if you look at a picture of a person's aura, you will see breaks in it. These are chinks in their armor so to speak. Our clients take from us to heal them selves leaving the healer with less than a secured boundary and feeling tired.

Boundaries consist of energy fields that radiate outward from the body in layers. The three cavities or upper, middle and lower Jiao in Chinese Acupuncture correspond with these layers as well. The lower cavity - the Physical Plane - Lower Etheric Body, Emotional Body, Mental Body; The middle cavity - Astral Plane - Astral Body; and the upper cavity – the Spiritual Plane – Etheric Template Physical Aspect, Celestial Body – Emotional Aspect, and Katheric Body – Mental Aspect. (Descriptions taken from Hands of Light)

**Correction:** Clearing the Boundaries - Fuzzy Dusting and Figure 8's. (Tibitan Figure 8's).

1. Before and after a client, dust yourself off. Simply running your hands over your arms, legs, head, front and back as you can like dusting off the negative extra unwanted energy that can disrupt you.
2. Run a figure 8 around your body. There is a direction to know which works best for you. Always start going up toward the head on the front of the body. To know which way works best is to try doing the moving your hand L to R then R to L.. Which ever way feels the easiest, is the way you will draw an '8' through the points to seal your boundaries.

Points:

- i. R to L or L to R jaw to forehead = create an 8
- ii. R to L or L to R hip to shoulder = create an 8
- iii. R to L or L to R foot to hip = create an 8

### **3. Mind - Clearing Emotional Stress and Grounding – Breathing and ESR**

Stress produces many physical disruptions in the body. One that is extremely important is our ability to breathe deeply and calmly, to think clearly. Our capillary blood pulse, can give us a indication of our stress. When we are stressed, the capillary blood pulse feels like blub, blub, blub – bumpy. When you are calm, the capillary blood flow hums... smooth and even as stress is released.

The kinesiology technique for **Emotional Stress Release** is to place your fingerpads gently on your forehead. Slightly press and feel the capillary pulse. If it feels blub, blub, blub, just breathe deeply and gently hold until you feel the pulse hums.

Along with this is to be **Centered and Grounded**. After your pulse is humming, gently hold your forehead with one hand and hold the back of your head. Close your eyes and breathe deeply and evenly. In minutes you will feel your whole body relax, center and ground itself while your pulse is humming!

### **Ionization – Correct Breathing reflects the flow of air in and out of your nostrils = Polarity**

Does your breathing feel even, flowing freely and smoothly in one side and out the other nostril? The distribution of air is about our electrical current down the Right and Left side of the spine. When you have a cold, and the nose plugs up, it can disrupt **POLARITY** and the ionization is thrown off balance. This can affect the midline, centering and functional balance between the cerebral hemispheres, paving the way for dyslexic and dysfunctional learning patterns.

Another shift is when there are atmospheric pressure changes. It can affect a persons' wellbeing and disrupt their physical and emotional behavior. A storm can increase positive ions, which in turn can increase anger, edginess, more accidents occur and the mind 'fogs up'. After a storm, there is an increase in negative ions, which can relate to a person being calmer, clearer minded and may sleep better. That is why when we go to the ocean or near any body of water we feel better. All those negative ions surround us!

There is also a relationship in possible changes to the calcium/potassium (Ca/K) ratio in hair mineral analysis. This is the thyroid efficiency ratio. Stress depletes minerals and thus can disrupt hormonal regulation.

In the Oriental and Hindu physiology it states:

"For every Inhalation through the Right Nostril, a Positive Electrical Current flows down the Right side of the Spine.

The Right Nostril functions as a chamber for Positive Ions.

For Every Inhalation through the Left Nostril, a Negative Electrical Current flows down the Left Side of the Spine.

The Left Nostril functions as a chamber for Negative Ions."

#### **Correction:**

1. Close the Right Nostril with your finger. Inhale through the open nostril and exhale out the mouth. Repeat this 10 times.
2. Next close the Left Nostril with your finger. Inhale through the open nostril and exhale out the mouth. Repeat this 10 times.

One side may feel more open than the other. Repeat until both feel approximately the same.

This done each morning this will help with maintaining R to L brain balance, centering and ion balance.

PS. I also use a Neti Pot to clear my sinuses prior to doing this technique. Wonderful to use when you have a cold.

Namaste

Sunny

Written by Kate 'Sunny' Montgomery, HHP, TNP, PKP  
Author and Professional Kinesiology Practitioner  
Certified Touch For Health Kinesiology Instructor/Consultant  
[www.sportstouch.com](http://www.sportstouch.com)  
574-326-7756  
[neshealst8@gmail.com](mailto:neshealst8@gmail.com)