

Telltale touch

Kinesiology started its triumph four decades ago; it is a more and more popular stress release method also in Hungary. **Its essence: balancing the energy in our body and releasing the fixed and unconscious fixations.**

A spectator would consider it a little bit funny seeing how the therapist tests the extended arms of the patient with little touches and light presses, while utters words which could be nonsensical for the laymen: **NAIT, PAIT, KIT, AISHO** and others like these. Then he or she suddenly begins to speak: „When you were twenty-six, something happened to you, which was in connection with a woman who had high eye-brows.” The patient is wonder-struck seeing the therapist who never knew him or her knows that his or her sister got sick that time and was taken to the hospital. The sister had a breakdown due to a disappointment in love and had to be treated for years.

This patient was Johanna Walter and as she confessed in her book published recently her curiosity had been the reason for she had agreed to be the subject of the demonstration in which Carol Ann Hontz demonstrated the process of „release” to the public. As she had heard the sentence quoted above, she broke out in tears, then she was overcome by a deep relief. An idea was conceived in her: she must learn this method. One of her reasons was she was sure she could heal her sister with this method.

Johanna Walter says: „This happened in 1992, when in Hungary no more than three dozens of people have ever heard about the essence of this stress releasing method. Dr. László Domján candidate professor, brain control specialist, who himself had experienced the efficiency of the release had invited Carol to Hungary who taught us this wonderful concept. I have always been a „go-at-it” kind of person, I had no secrets, that’s why I undertook, the role of the subject in the demonstration release.”

„That time this method appeared me very, very complicated. But on the third day I understood its point: by muscle testing we go back into the past and find, what, when and where has happened to whom, causing problems to the person in the present. The feedback from our brain and muscles offers us a perfect standing-ground because they remember all the events happened to us. They record the events in a form they actually happened.

Our Genetical Codes

Our instinctual personality is determined by our **DNA structure** from on the moment of our conception.

We all are unique, and not only genetically but in our life experiences as well.

- **No two people have the same fingerprints** or ears of the same shape.
- **No two people response** exactly in the same way to an event.
- Still many people think their **way of behaving is the only correct perspective**.
- And if an other person has another perspective, we'll consider that **to be a personal offence**.
- The only way out from this: the **full acceptance**.

(Daniel Whiteside, pioneer of behavioral genetics)

LITERATURE

Often we do not remember these events in our conscious mind. But our unconscious mind records every event happened to us exactly.

Muscle testing is based on the theory developed by Dr. George Goodhart chiropractor in the 1960s while treating his patients and saw that the muscle tone of the patients always weakened whenever they talked about some sad issue.

It is not by chance that whenever we are going to tell someone bad news, first we ask: „Do you sit? If ypu don't, you'd better to sit down...” because hearing the bad news his or her muscle tone would weaken, his or her knees would tremble and the person falls into the chair.

Muscle testing provides us exact and precise answers from the memory of the brain – nothing more is needed to it but to press slightly the extended lower arms of the patient by our two palms and to see when her or his muscle tone changes, while we put him or her a series of questions.

Sometimes we believe we don't remember anything. But our brain does remember, and records the events exactly how they happened actually. My colleague worked on a ten-years-old boy, and they were already back to the boy's birth when the boy said: „It's dense darkness. And I'm digging, like a mole...” Later it turned out, when the boy's mother told the birth of her son, that her forewaters had gone away too early and the child-birth had taken no less than three days, it had been a very complicated one. What a hit: „I'm digging, like a mole... In dryness.”

Muscle testing is a very simple procedure. The tester person lightly presses the arm of the tested person. From the signals felt we can gain exact information about the intensity and the type of the stress experienced by the tested person. By using direct questions we can get yes/no answers, which is similar to the principle of operation of a fault-detector equipment. Often, the memory is like a forgotten dream which comes up to the surface slowly, while emotions flood the brain. Sometimes we feel a strong pity for ourselves, when we recall the bad memories, we even burst into tears.

In most cases we go back in time until the conception. Though in many cases the former lives of the person could cause traumas. But that is a question of karma.

There was a girl whose ankle always disjoined. The physicians said her muscle attachments were too loose in her ankle. That was true. But in the release it turned out that in one of her former lives she rode, fell down from the horse, her leg entangled in the leg-rest and the horse dragged her along many meters. She „saw” this scene while I hold her head. Since the release her ankle never disjoined again.

After we have managed to identify the cause of the stress, the stress can be released, resolve easily. The release means: IT IS OVER.

A couple of years ago a woman visited me. She came from a small village. She had typical old-fashioned rural clothes on. I estimated she was about sixty, sixty-five. I hardly could hide my surprise when she said she was only forty-two. She suffered in many problems, almost every part of her body had problems, and she was going to have an operation with her bile. (The bile is connected to bitterness, gall and heart-sore.)

In the testing the time of marrying came out as problematic. While I held her head, she told me the story of her life.

As a young girl she was a very attractive. A young man in the neighboring village courted her. The man was impatient, he hardly could bridle himself and wished love-life before the wedding. He wanted her very much. The girl did not allow it. She did not want to be devirginated before the marriage. She escaped from the hug of the man, run home across the fields, and thought their affair would be over. But on the next day the man came to her with a huge bunch of flowers and asked for her pardon. She pardoned, and then they married. There were no more obstacles to live a love-life. She became pregnant very soon, but it was an unsafe pregnancy, she had to stay in bed for nine months and was not allowed to have sex. The man was patient. At last the child was born. The man was very happy, drunk a lot and got a cardiac seizure. He got paralysed. He healed very slowly and the tension made him drink a lot. Then he died. The beautiful and attractive young woman became a black-dressed widow very early.

Shocking. This is the script of life. No writer could create such a story. Our old, wise secretary commented: we can draw the lesson that a woman should go when she is asked to.

Within a short time after the release the woman took off the black dress and after half a year she married again.