

DELTA LIFE SKILLSsm

EMOTIONAL FREEDOM IS IN YOUR HANDS with EFPsm

Integral Energy Psychology

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ENERGY CENTER IMBALANCES©

(sources: Topping, 1985, Biokinesiology Workbook, pp. 25-40, Topping International Institute and Biokinesiology Institute, `1977/1984, Take Care of Yourselves Naturally, pp. 80-83, 92-100, Biokinesiology Institute)

PRINCIPLE: Ten major energy centers (plexus areas.) can be therapy localized and the imbalances verified by using specific *Positive* emotions.

APPLICATION: Throughout the body there are plexus areas comprised of nerves which divide, then join, and again subdivide in a very complex manner forming a network. The solar plexus is one which most people are familiar with. These ten nerve plexuses are shown in figure 1. John Barton has described these nerve plexuses as energy centers (others describe them as chakras) and determined that each controls a major system or type of tissue within the body. The body parts and major symptoms resulting from an imbalance in any of these energy centers are listed on Table 2.

To determine whether there is a major imbalance in any of these energy centers, first test any strong indicator. Then point your finger tips directly towards the body at the locations shown in Figure 1. You should be close to, but do not actually need to touch the body with your finger tips. If the indicator muscle weakens, say the appropriate positive emotion (Table 2). A strengthened indicator muscle would verify that you did have an imbalance in that energy center (or nerve plexus).

| # | NERVE PLEXUS/ENERGY CENTER | LOCATION |
|----|----------------------------|--|
| 1 | CROWN | Midline on top center of head directly above the ear. Near the acupuncture point Governing Vessel 21. |
| 2 | PINEAL | Midline in center of forehead. |
| 3 | THROAT | Midline on the center of the Adam's Apple (thyroid cartilage). |
| 4 | HEART | Midline on the breast bone near the 4th'rib line. Near the acupuncture point Central Vessel 18. |
| 5 | DIAPHRAGM | Midline directly under the breast bone (xiphoid process) near the acupuncture point Central Vessel 15. |
| 6 | SOLAR | Midline 1/2 way between the navel and the xiphoid process (base of breast bone). Near the acupuncture Point Central Vessel 12. |
| 7 | SPLEEN | At the base of the rib cage below nipple. Near the acupuncture point Spleen 16. |
| 8 | ABDOMINAL | Midline 1 and 1/2 thumbs' width below the navel. Near the acupuncture point Central Vessel 6. |
| 9 | GENITAL | Four thumbs width :from midline immediately below hip bone Near acupuncture point Spleen 13. |
| 10 | TAILBONE | Pointing up at the base of the tailbone. Acupuncture point Governing Vessel 1. |

Table 1: Locations For Nerve Plexuses (Energy Centers)

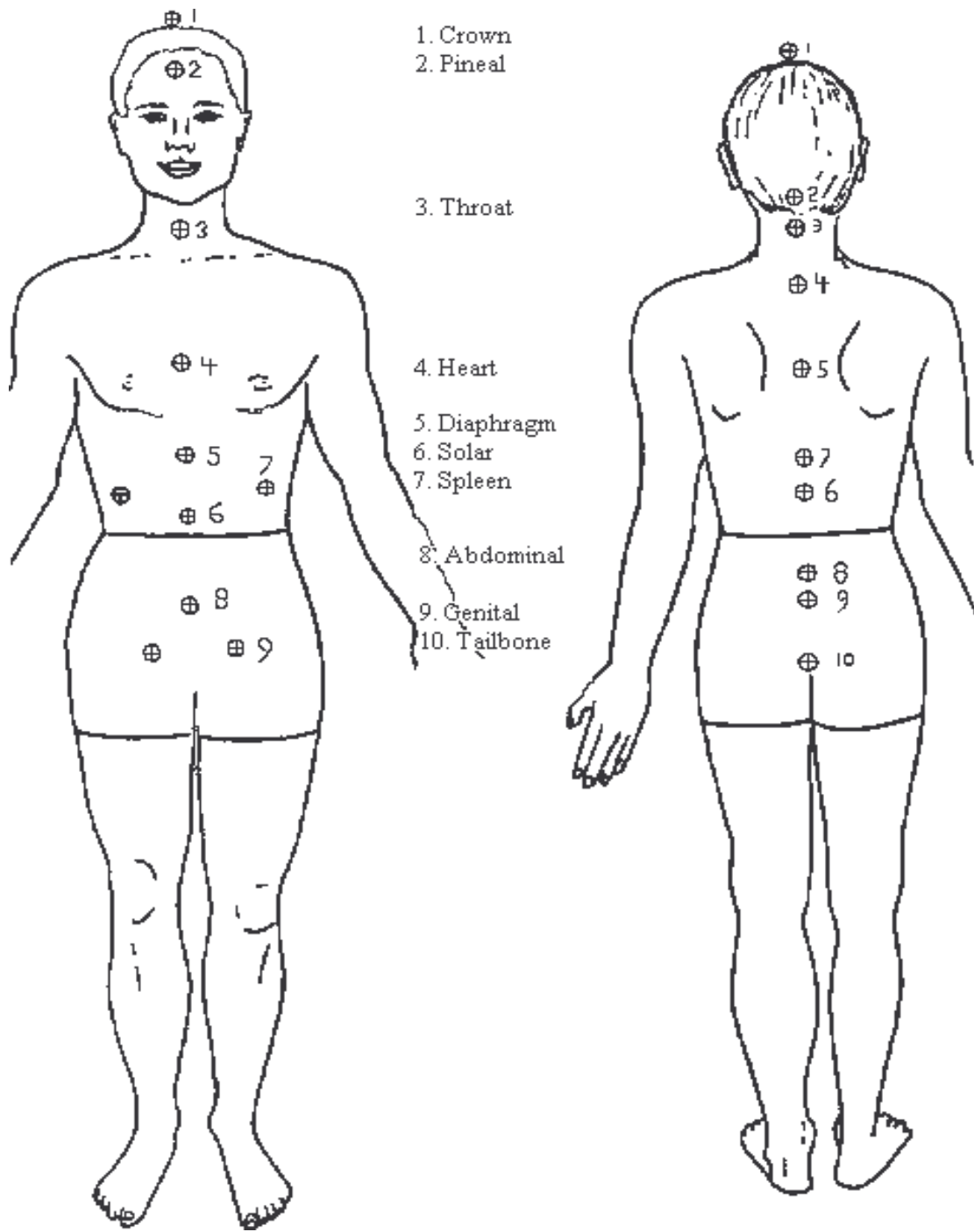


Figure 1: Locations for the ten major nerve plexus (energy center) areas.

| # Nerve Plexus/Energy Center | Positive Emotions | Part of Body | Possible Major Symptoms |
|------------------------------|-------------------|---------------------------|--|
| 1. Crown | Love | Muscles | Muscle aches, structural imbalances |
| 2. Pineal | Joy | Hormones | Color allergies, hormone problems |
| 3. Throat | Mildness | Fascia | "Frozen" arm, TMJ problems |
| 4. Heart | Faith | Meridians/energy pathways | Fine coordination is poor |
| 5. Diaphragm | Peace | Ligaments | Weak joints, pain |
| 6. Solar | Patience | Mucous Lining | Food allergies, infection prone |
| 7. Spleen | Goodness | Circulation | Sound allergies, cold limbs |
| 8. Abdominal | Hope | Tendons | Weak tendons |
| 9. Genital | Kindness | Bones | Achey bones, poor lymph/blood circulation |
| 10. Tailbone | Self-control | Nerves | Nerve pain, twitching, mental coordination |

Table 2: Ten Major energy centers (nerve plexuses) with the major positive emotions required to restore each to balance, the major part or system of the body controlled through each center and a major symptom resulting from the imbalance of each. (From the Biokinesiology Inst.)

ENERGY CENTERS

1. ENERGY CENTER: CROWN

EMOTIONS: LOVED (UNLOVED)

LOCATION: Top center of head, directly above the ears; near Governing Vessel 21.

FUNCTION: Controls all muscular strength. Responds to any toxin by weakening all or part of the center. Love is the prime emotion of all positive mind and body functions.

SYMPTOMS: Muscular aches and pains. Structural imbalance. Back out of alignment.

2. ENERGY CENTER: PINEAL

EMOTIONS: JOY (SORROW)

LOCATION: Center of forehead

FUNCTION: Controls most hormone balance.

SYMPTOMS: Irregular" periods and ovulation. Allergies to colors. Hormones are the slow, long-time controllers of all functions of the body; therefore the Pineal is associated with a great many hormone-caused problems.

ENEMIES OF JOY: The Pineal Energy Center is weakened by the use of abusive stimulants or sedatives, such as: coffee, tea, cigarettes, marijuana, sugar, chocolate, Darvon, excessive alcohol, "hard" alcohol, legal and illegal hallucinogenics, and most pain killers.

3. ENERGY CENTER: THROAT

EMOTIONS: MILDNESS (AGGRESSIVE)

LOCATION: Thyroid Cartilage (Adam's Apple)

FUNCTION: Many of the looser forms of connective tissue e.g. fatty tissues, breast tissue, and all fascias are controlled by the Throat Energy Center.

SYMPTOMS: Generalized weakness seen in muscle testing of soft connective tissue. The arm tests are frequently unreliable because of over stressed reaction when the Throat Energy Center is out of balance, This is usually due to an emotionally caused malalignment of the 3rd and 4th cervical vertebrae. The energy flows of the body are disrupted causing a surge of energy into the arms and a lack of energy into the torso. TMJ problems.

MEANINGS OF MILDNESS: Mildness means acting with self-control and patience towards others, choosing to forgive rather than be angry, is receptive, gentle, sensitive, and tender in behavior, feeling, thought, action, and expression. It is moderate, kind, and soft.

ENEMIES OF MILDNESS: Undue excitability, harshness, aggressiveness, lack of restraint, a fighting attitude, haughty spirit, and high-mindedness are defeaters of Mildness.

4. ENERGY CENTER: HEART

EMOTIONS: FAITH (UNFAITHFUL) (also doubt re the future, hopeless, despair , liver)

LOCATION: Mid sternum (breast bone); near Central Vessel 18.

FUNCTION: Controls the meridian energy patterns.

SYMPTOMS: Under or over energy in entire meridian system. Loss of fine coordinations, poor balance. All muscles, tendons, ligaments and organs associated with the weakened meridian will also test weak.

MEANINGS OF FAITH: Faith is complete trust or confidence - in other people, ourselves, our jobs, our lives.

ENEMIES OF FAITH: Doubt and fear are Faith's enemies. Despair.

5. ENERGY CENTER: DIAPHRAGM

EMOTIONS: PEACE (UN PEACEFUL)

LOCATION: Immediately below the sternum (breast bone); near Central Vessel 15.

FUNCTION: Controls the strength of ligaments.

SYMPTOMS: Ligaments, the tight controllers of movement in all joints will be imbalanced, causing poor alignment of joints and therefore tightness and/or pain in moving the joints. Tightness in the upper abdomen is often present. Imbalance in aponeuroses (fibrous ;membrane formed by the expansion of a tendon), sometimes in cartilages.

MEANINGS OF PEACE: Peace means a state of well-being, safety, health, and soundness of mind and body.

ENEMIES OF PEACE: Worry, insecurity, complaining fears, lack of appreciation, discontent, and fighting things we can't change.

6. ENERGY CENTER: SOLAR PLEXUS

EMOTIONS: PATIENT, LONG-SUFFERING (IMPATIENT)

LOCATION: Midway between the breast bone and the navel, near Central Vessel 12.

FUNCTION: Controls all mucous lining of the intestines, vagina, mouth, and bladder. Strongly influences electrical coordination of messages from the brain to various parts of the body.

SYMPTOMS: Allergies to good foods. Infections or soreness in mouth, intestine stomach, bladder, and vagina. Skin often reddens easily, especially in the cheeks. The famous "Cross-crawl Syndrome." "Ocular lock syndrome" (any standard arm test will weaken when the eyes are rotated several times in either a clockwise or counterclockwise direction)

MEANINGS OF PATIENT, LONG-SUFFERING: Long-suffering shows itself in slowness to exercise anger, passion, wrath, indignation, and revenge* is more than enduring: it involves deliberate restraint, and is patient endurance of wrong or provocation combined with a refusal to give up hope for improvement in that disturbed relationship..

ENEMIES OF LONG-SUFFERING: A quickness to show anger, passion, indignation, wrath or revenge. Lack of restraint or self-control.

7. ENERGY CENTER: SPLEEN

EMOTIONS: GOODNESS (FOOLISH)

LOCATION: Near the anterior forward tip of the 10th rib, on **both sides** of the body; directly below the nipple at base of rib cage; near spleen 16

FUNCTION: Controls allergies to sounds (music, noise, etc.). Strongly influences the health of the skin, including the skin on the teeth, (allows dental plaque build-up). Has an important influence on all synovial (joint) membranes,. Controls the muscles of the blood circulation system (not the valve muscles (arteries).

SYMPTOMS: Cold extremities, poor blood circulation (veins or arteries), sore stiff joints, various forms of arthritis. Skin irritation, dental plaque build-up.

MEANINGS OF GOODNESS: Goodness means demonstrating moral excellence

It expresses itself in the performance of good and beneficial acts towards others, is one step more than righteousness, for it involves our heart as well as our mind's, knowledge of what is right and wrong.

ENEMIES OF GOODNESS: Inconsideration, self-centeredness, and self-importance are enemies of Goodness.

8. ENERGY CENTER: ABDOMINAL

EMOTIONS: HOPE (FORLORN) (HOPELESS, DISCOURAGED)

LOCATION: About 3 finger widths (2 thumb widths) below the navel; near Central Vessel 6

FUNCTION: Controls the health of all of the tendons in the body.

SYMPTOMS: Tendons will test weak. Sore and stiff all over. Tight abdomen.

MEANINGS OF HOPE: Hope is looking forward with reasonable confidence to a belief or a trust. The dictionary defines Hope as: belief, expectation, possibility, refuge, thing desired, optimism, anticipation, trust; a feeling that what one desires will happen.

ENEMIES OF HOPE: Becoming doubtful, discouraged, forlorn, despairing, or pessimistic can weaken our hope.

9. ENERGY CENTER: GENITAL

EMOTIONS: KINDNESS (MEAN)

LOCATION: Near where the top of the pubic hair meets the hip bone; near spleen 13. (Near the testes or ovary alarm points). (both sides)

FUNCTION: Controls the valve muscles in the blood system, lymph system, and digestive system. Influences bones and teeth.

SYMPTOMS: Stagnation and poor flow. of blood and lymph. Bones weaken. Poor digestion caused by valves Functioning. Can possibly cause serious malfunctions of the pyloric (massive burning ulcers) and ileocecal valves, which bring on an assortment of toxemia symptoms. Allergy to dairy products. Ovulation imbalance.

MEANINGS OF KINDNESS: Kindness is the quality of taking an active interest in the welfare of others. It is showing friendly and helpful acts or favors to others.

ENEMIES OF KINDNESS: Selfishness and disloyalty are destroyers of kindness.

10. ENERGY CENTER: TAILBONE

EMOTIONS: SELF-CONTROL (CARELESS)

LOCATION: Base of sacrum and below tailbone; Governing Vessel 1.

FUNCTION: Affects mental coordination. Controls the entire nervous system. Nerve degeneration. Teeth pains from hot or cold foods. Sciatica (hip/thigh pain). Nervousness, twitching, hyperactivity. Neuralgia (nerve pain). Hindrance in mental ability to draw, comprehend, explain, and put things, together. Some forms of dyslexia and associated learning disabilities. Difficulty distinguishing left from right.

MEANINGS OF SELF-CONTROL: The dictionary suggests these meanings: moderation, restraint, self-command, composure self-mastery, self-restraint, self-discipline. It means keeping in check, restraining, or controlling one's person, actions, or speech.

ENEMIES OF SELF-CONTROL: Agitation, nervousness, impulsiveness, hastiness, and impatience are enemies of self-control.

FLOWLINE MASSAGE FOR IMBALANCED ENERGY CENTERS

PRINCIPLE: An imbalanced energy center (plexus area) can be brought into balance by using flowline massage on the appropriate skin reflex on the head.

APPLICATION: Just as in foot reflexology, there are reflexes on the feet that relate to the different organs, so too are there other reflex systems throughout the body. On the head there are ten areas each relating to a separate energy center. The massage directions indicated by the arrows way seem confusing unless you remember that they are oriented from origin towards insertion for the underlying muscles. The flowline pattern divides the head up into ten zones. Massaging firmly in the direction of the arrow should restore to balance the energy center corresponding to that particular zone.

DEMONSTRATION: Therapy localize the ten energy centers. If you find one out of balance, lightly massage in the direction of the arrow throughout the zone on the head corresponding to that energy center. Retest the indicator muscle while-therapy localizing the previously imbalanced energy center. It should now be strong. Lightly massaging in the opposite direction should throw the energy center out of balance again. Massaging the dermatome firmly for about five minutes twice a day, should assist greatly in restoring the energy center to balance.

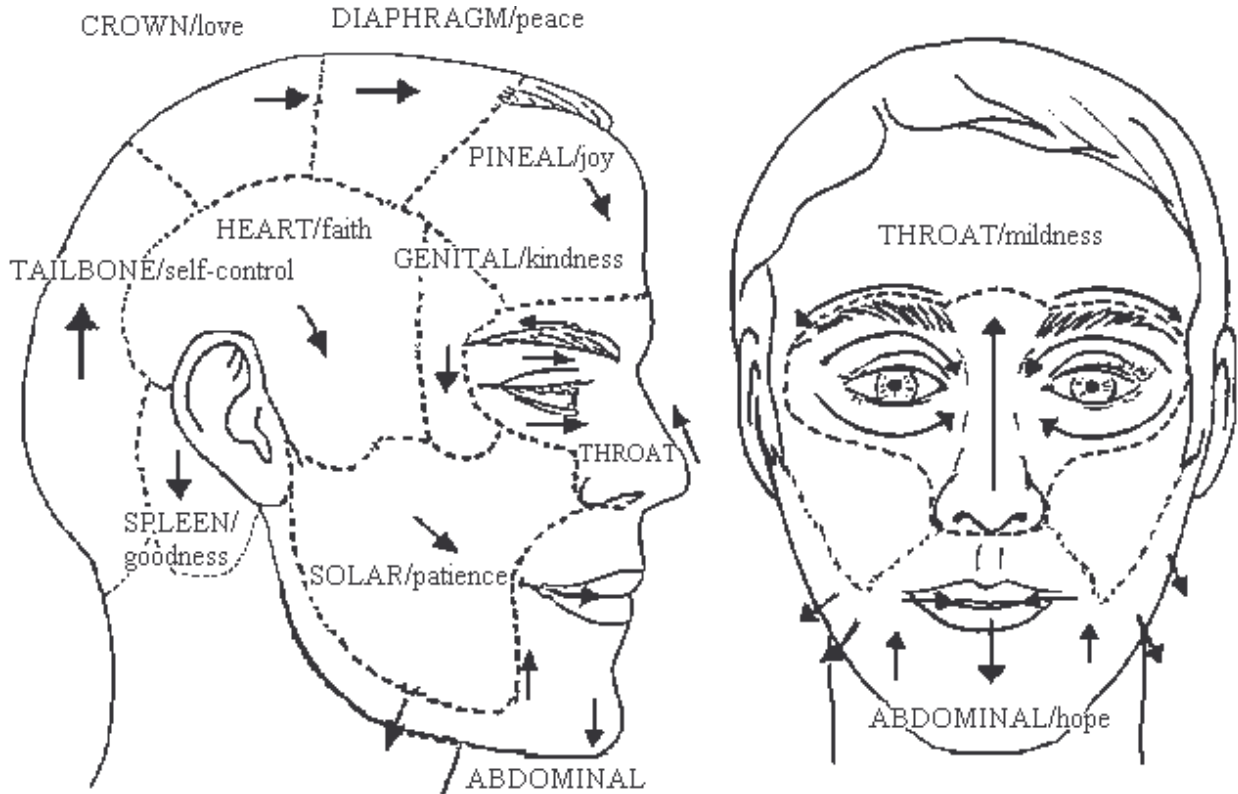


Figure 3: Dermatomes reflexly associated with the ten nerve plexuses (Energy Centers). The segregated locations on the head are dermatomes, patternings - inline representations - of the major Energy Centers. Application: 1. Massage each of the areas on the head in the direction indicated twice per day or as you think about it. Massage firmly for a few minutes each time. 2. If an energy center word helps a known weakness in the body, massage the respective area firmly and thoroughly.

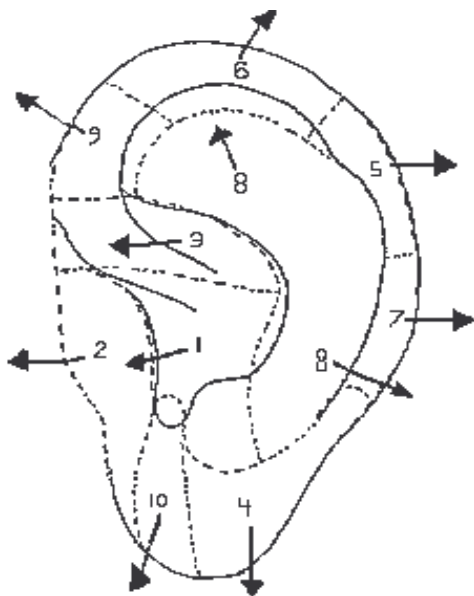


Figure 4: Massaging reflex areas on the ear outwards away from the orifice will help balance any of the 10 major nerve plexus areas: 1 = Crown, 2 = Pineal, 3 = Throat, 4 = Heart, 5 = Diaphragm, 6 = Solar, 7 = Spleen, 8 = Abdominal, 9 = Genital, 10 = Tailbone

VERIFICATION OF THE RELEVANT ACUPUNCTURE POINT

PRINCIPLE: An acupuncture point can be temporarily turned "on" or "off" depending upon the direction in which you lightly massage over the point.

APPLICATION: Any acupuncture point that is out of balance can be detected through therapy localization. Test a strong indicator muscle then retest it while therapy localizing the acupuncture point. If the indicator muscle weakens, determine the flowline direction from the diagram given.

Massaging lightly over the acupuncture point in the flowline direction should bring it into temporary balance. Massaging in the opposite direction should throw the acupuncture point out of balance again.

DEMONSTRATION: Therapy localize each of the ten energy centers. If you find any out of balances turn to the table to identify the acupuncture point that is most likely also to be out of balance. Lightly massage in the flowline direction over the relevant point. Again therapy localize the energy center. If the indicator muscle is strong, then lightly massaging in the opposite direction should create imbalance once again. Firm massage of the acupuncture point for 20-30 seconds two or three times, a day should help to restore balance to the energy center.

ACUPUNCTURE POINTS TO CORRECT IMBALANCED ENERGY CENTERS

You may find that the following acupuncture points are of value in assisting the integrity of any one or series of Energy Center imbalances.

1. CROWN - LUNG 9.

On the palmar surface, at the tip of the transverse crease of the wrist, in the depression on the radial (thumb) side of the radial artery. (massage toward thumb).

2. PINEAL -GALLBLADDER 41

In the depression anterior to the junction of the 4th and 5th (little) metatarsal bones of foot. (massage away from toes).

3. THROAT - LUNG 10

On the palmar surface, in the middle of the 1st metacarpal bone (thumb mid), at the junction of the 'white and red' skin. (massage towards thumb).

4. HEART - LARGE INTESTINE 4

On the middle of the 2nd metacarpal bone of 'pointer', on the radial aspect. (massage away from thumb).

5. DIAPHRAGM - LIVER 3.

Between the 1st and 2nd toe, 2 units proximal (to the center) to the margin of the web. (massage away from toes).

6. SOLAR - PERICARDIUM 6

2 units above the transverse crease of the wrist, between the tendons of the muscle palmaris longus and the muscle flexor carpi radialis (center of wrist). (massage away from fingers).

7. SPLEEN - SPLEEN 6

3 units above the tip of the medial malleolus (inner ankle bone) just posterior to the tibial border. (massage away from toes).

8. ABDOMINAL - GALLBLADDER 34

In the depression anterior and inferior (below) to the small head of the fibula (outside). (massage away from toes).

9. GENITAL - GALLBLADDER 39

3 units above the external malleolus, (outer ankle bone), between the posterior border of the fibula and the tendons of the peroneus longus and brevis. (massage away from toes).

10 TAILBONE - STOMACH 36

3 units below the depression just below the knee cap, lateral (outside) to the patellar ligament (GB35), one finger breadth from the anterior crest of the tibia. (massage up).

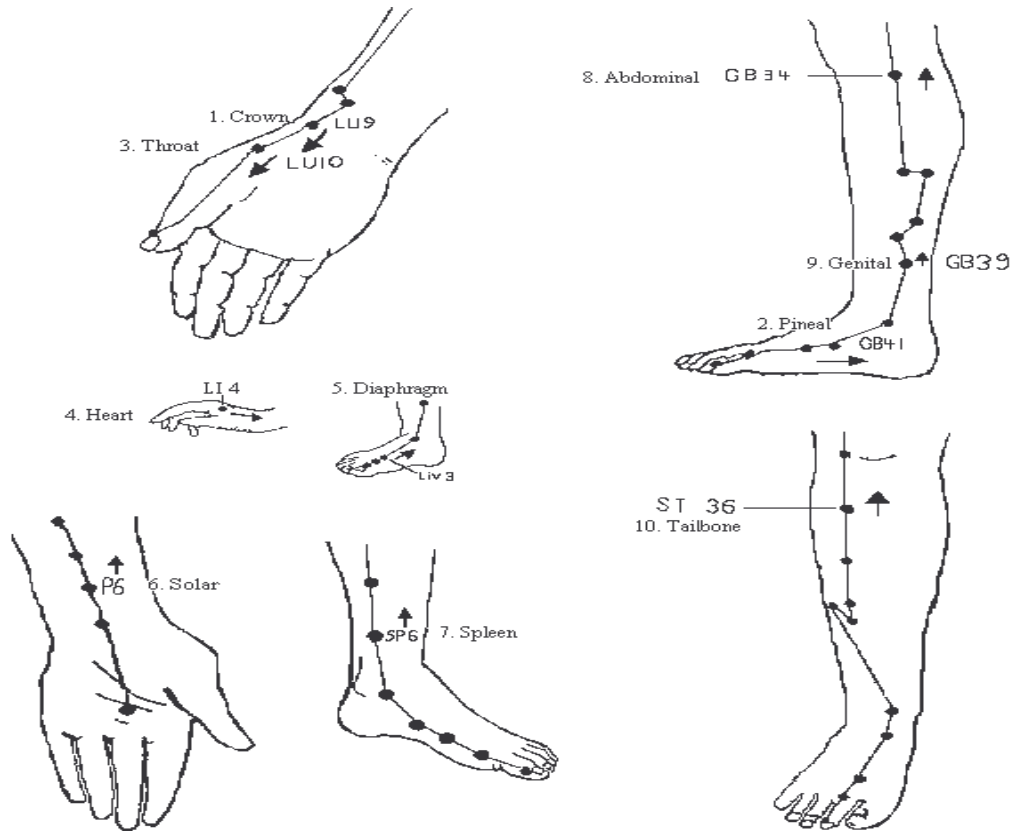


Figure 5: Locations and direction of massage (in direction of the →) for Plexus balanci

ENERGY ANATOMY OF THE CHAKRAS

from Myss, C. (1996) Anatomy of the Spirit: The Seven Stages of Power and Healing, Harmony Books/Crown Publishers, Inc. (Energy Centers from BioKinesiology, approximate for #s 5-8)

CHAKRA SEVEN (1 - Crown Energy Center)

Organs: Muscular system; skeletal system; skin

Mental, Emotional Issues: Ability to trust life; values, ethics, and courage; humanitarianism; selflessness; ability to see larger pattern; faith and inspiration; spirituality and devotion.

Physical Dysfunctions: Paralysis; genetic disorders; bone cancer; multiple sclerosis; amyotrophic lateral sclerosis (ALS).

CHAKRA SIX (2 - Pineal Energy Center)

Organs: Brain; nervous system; eyes, ears, nose; pineal gland; pituitary gland.

Mental, Emotional Issues: Self-evaluation; truth; intellectual abilities; feelings of adequacy; openness to ideas of others; ability to learn from experiences; emotional intelligence.

Physical Dysfunctions: Brain tumor/hemorrhage/stroke; neurological disturbances; blindness/deafness; full spinal difficulties; learning disabilities; seizures.

CHAKRA FIVE (3 - Throat Energy Center)

Organs: Throat; thyroid; trachea; neck vertebrae; mouth; teeth and gums; esophagus; parathyroid; hypothalamus.

Mental, Emotional Issues: Choice and strength of will; personal expression; following one's dream; using personal power to create; addiction; judgment and criticism; faith and knowledge; capacity to make decisions.

Physical Dysfunctions: Raspy throat; chronic sore throats; mouth ulcers; gum difficulties; temporo-mandibular joint problems; scoliosis; laryngitis; swollen glands; thyroid problems.

CHAKRA FOUR (4 - Heart Energy Center)

Organs: Heart and circulatory system; lungs; shoulders and arms; ribs/breasts; diaphragm; thymus gland.

Mental, Emotional Issues: Love and hatred; resentment and bitterness; grief; self-centeredness; loneliness and commitment; forgiveness and compassion; hope and trust.

Physical Dysfunctions: Congestive heart failure; myocardial infarction (heart attack); mitral valve prolapse; cardiomegaly; asthma/allergy; lung cancer; bronchial pneumonia; upper back, shoulder; breast cancer.

CHAKRA THREE (7 - Spleen, 6 - Solar, 5 - Diaphragm Energy Centers)

Organs: Abdomen; stomach; upper intestines; liver, gall bladder, kidney, pancreas; adrenal glands; spleen; middle spine.

Mental, Emotional Issues: Trust; fear and intimidation; self-esteem, self-confidence, self-respect; care of others; responsibility for making decisions; sensitivity to criticism; personal honor.

Physical Dysfunctions: Arthritis; gastric or duodenal ulcers; pancreatitis/diabetes; indigestion, chronic or acute; anorexia or bulimia; liver dysfunction; hepatitis; adrenal dysfunction.

CHAKRA TWO (9 - Genital, 8 - Abdominal Energy Centers)

Organs: Sexual organs; large intestine; lower vertebrae; pelvis; appendix; bladder; hip area.

Mental, Emotional Issues: Blame and guilt; money and sex, power, and control; creativity; ethics and honor in relationships.

Physical Dysfunctions: Chronic lower back pain; sciatica; ob-gyn problems; pelvic/low back pain; sexual potency; urinary problems.

CHAKRA ONE (10 - Tailbone Energy Center)

Organs: Physical body support; base of spine; legs, bones, feet; rectum, immune system.

Mental, Emotional Issues: Safety and security; ability to provide for life's necessities; ability to stand up for oneself; feeling at home; emotional support.

Physical Dysfunctions: Chronic lower back pain; sciatica; varicose veins; rectal tumors/cancer; depression; immune disorders.