

consequences (advantages) of becoming more mindful and the hazards of being mindless. In our more restricted use, Noticing refers to awareness of your body's responses. It's advantage is that you don't have to depend on anyone else for receiving feedback and thus this skill increases your personal power. It is a very valuable and fundamental, yet simple, basic life skill.

2. NOTICING/MINDFULNESS: INCREASING YOUR AWARENESS OF AND DEVELOPING RESPECT FOR THE MESSAGES FROM YOUR BODYMIND

2.1 NOTICING IS:

NEUTRAL OBSERVATION

Noticing is **Nonjudgmental Awareness/Sensing**:

Seeing	Thinking
Hearing	Feeling
Body feeling: Arms, LegsBack, Neck, Stomach, etc.	

Anyone can use Noticing to monitor how an activity, thought, or event influences them. Simply notice how you are currently functioning and feeling. Do an activity or think a thought or perceive an event. Then, notice any changes in how you are functioning and feeling as a result of this experience. You can then judge whether or not the experience was helpful, harmful or neutral. When you are using a technique to improve your performance, whether or not it is one of those from the Specialized Kinesiology or a new way to approach a task or whatever, tune into your bodymind response and do noticing.

What Noticing is **NOT!**

Finding fault	Analyzing
Comparing to others	Evaluating
Suggesting	Interpreting
Advising	Labeling
Resisting	Judging
Trying to change	Giving opinions

2.2. PRACTICE IN USING THE NOTICING SKILL

Noticing How the Body Acts and Reacts: The following exercise was developed by Sharon Promislow for her lecture/demonstrations Top 10 Stress Releasers and Top 10 Brain/Body Integrators.

Stand comfortably and think of something relaxing. Notice your posture: upright, swaying forward, backwards or sideways? Is there tension anywhere in your body? Be thorough and specific.

Look at an object straight ahead and notice if you see evenly out of both eyes. Is it clear or blurry? Listen to a voice. Do your best to notice if you hear equally through both ears. Does it sound tinny or resonant? Lift up your arms in front of your body. Is it easy or does it take energy? Hold for 30 seconds. Still easy?...or stressful?

Now, think of something stressful. Repeat the noticing process above. Notice differences in your body reaction to the stressful, versus the relaxing situation, and interpret your findings. Make a note of the most noticeable differences.

This skill is very useful for new learning. Most instructors, in whatever field, use "Do This" instructions which frequently create unintended roadblocks to learning. Examples of common "Do This" phrases are "Do this...", "Try this...", "This is difficult, but try...", "Do it this way.", "Make it better.", "Try harder.", "Now relax.", "Let's get it right this time."

Green and Gallwey (1986, Chapter 10) talk about the need for teachers and students to translate these "Do This" instructions into "Awareness" instructions. The types of phrasing you as a learner can use to translate "Do This" instructions are: "Be aware of...", "Listen for...", "How does it feel when I...", "What is the difference I notice between...", "What do I hear when I...", "Pay attention to the...", "Notice the feeling I get when I..." etc. (p. 136)

2.3. BECOMING A SKILLED OBSERVER: WAYS TO NOTICE CHANGES IN PERCEPTUAL SKILLS. (from Dennison and Dennison, 1988/1992, pp. 52-3)

Improvement in any perceptual skills may lead to greater self-awareness, enhanced confidence and self-esteem. Paradoxically, the more we use our senses correctly, the less we will need to rely on any one sense alone for direction.

2.3.1. Visual/Kinesthetic:

a. Increased visual/kinesthetic coordination may result in:

- ∞ greater sense of personal ease
- ∞ increased body awareness
- ∞ better developed spatial (and directional) awareness
- ∞ greater strength and coordination in hands & fingers
- ∞ better whole body coordination (for play or sports)
- ∞ more efficient visual coordination
- ∞ improvement in fine motor skills (drawing, writing, etc.)

b. Difficulties in this area may be recognized by

- ∞ general fatigue or stress
- ∞ confusion of directions, of left & right, of top & bottom, (e.g. transposed letters, words, thoughts)
- ∞ stress with near point skills
- ∞ uncomfortable or uncoordinated movement
- ∞ visual stress
- ∞ fatigue, headache or nausea when reading

2.3.2. Auditory: Integrating auditory experience with visual and kinesthetic awareness

a. Improvement in related skills may appear through one or more of the following:

- ∞ improved listening abilities
- ∞ increased clarity of memory
- ∞ sharpening of math skills
- ∞ more centered awareness
- ∞ improved ability to think and move at the same time
- ∞ improved ability to listen and see at the same time
- ∞ greater strength and flexibility in neck muscles

b. Difficulties in the auditory area may be recognized by

- ∞ inability to concentrate
- ∞ excessive distractibility
- ∞ distortion of body posture while writing
- ∞ inflexibility of shoulders or hips
- ∞ need to hear things repeated before they register
- ∞ inability to remember

2.3.3. Tactile: Integrating kinesthetic, visual and auditory awareness with the tactile, gustatory and olfactory senses.

a. Improvement in this area may be recognized by

∞ heightened enjoyment of sensory input	∞ increased tolerance for varied sensory experiences (relaxing negative sensitivities)
∞ refined acuity of senses	∞ enhanced ability to enjoy oneself (less need for sensory stimulation or external entertainment)
∞ greater diversity of sensory appreciation (for vision, sound, touch, taste, smell)	

b. Difficulties in these areas may result in

∞ inability to be alone	∞ need for continuous sensory stimulation: addictions to reading, TV, food, alcohol or drugs, etc.
∞ dullness of awareness	∞ inability to regulate self, to be comfortable with others, or to relax
∞ lack of tolerance for sensory stimulation - light, sound, touch or smells of foods or nature	

3. CLEAR CIRCUIT MUSCLE CHECKING: A MUSCLE FEEDBACK TECHNIQUE TO OBTAIN PRECISION INFORMATION FROM YOUR BODYMIND

3.1. THE DISCOVERY AND DEVELOPMENT OF A STATIC FREE "HOT LINE TO TRUTH"

The first item with this procedure is to establish a clear communication link to the energy/information fields and channels of the whole bodymind because we want to tap into the incredible power of this greatly undervalued aspect of human potential. We need to be aware of the very powerful bias among those in "higher" education that the ego reasoning abilities are the most advanced and most valuable aspects of human potential. While they are extremely valuable when properly working, much of the time they are out of circuit or contaminated by fear, pain or fear of pain.

The "static" produced by the "totalitarian ego" (Greenwald, 1980) manifests its self basically in two ways:

(1) Preventing the truth from coming to the fore when the whole bodymind is asked a question (many times this involves "giving the expected or acceptable answer" but at other times it is more powerful and emotionally charged and based on defense to keep buried all knowledge that is too threatening to the ego).

(2) The second way is that when the true information does come forth and corrections are recommended by the wisdom of the bodymind, the ego rejects it as silly, unimportant, too much trouble, too embarrassing and all the other things people use to behave contrary to their own best interest (human beings and their totalitarian egos are classic self-saboteurs).

The healthy ego is basically our front brain "Rational Thinking and Creative Problem Solving Area" (what Stokes and Whiteside call Conscious Associational Thinking area: CAT) while the "totalitarian ego" is basically our back brain "Emergency Stress Response Control Area" (what Stokes and Whiteside call Common Integrative Area: CIA; or the "Reactive Mind").

Typically, my initial session with a client involves spending some minutes establishing this sensitivity to the energy/information level of bodymind functioning. Since this usually involves an unfamiliar and unusual concept and awareness, and the client is struggling with the attitudes of "helpful-let-be" as opposed to control (discussed below), this preliminary work does not directly deal with the client's issues or goals.

3.2. CLEAR CIRCUIT MUSCLE CHECKING PROCESS

The way we communicate to the whole bodymind is through the process of Clear Circuit Muscle CHECKING. Since the bodymind is holonomically organized, each part has access to every other part. In the bodymind there are countless energy and information circuits and fields which we can access using one or very few channels. Thus, while the bodymind system is incredibly complex, the checking/communication process is, in contrast, comparatively simple.

The value of the Clear Circuit Muscle Check is that it goes beyond opinions and beliefs of the conscious mind (**B**elief **S**ystem is abbreviated **B.S.**!) and taps into the true integrated bodymind reaction to a given issue. In stressful situations (either in present time or in recall) the front brain

CAT "Rational Thinking and Creative Problem Solving Area" is reduced in quality of functioning and thus, in such a state, the evaluations and data are rarely reliable and valid.

This checking allows both brain hemispheres the opportunity to respond as equals to any given test, issue or question. We can receive in put from both the Dominant Hemisphere's Belief System response AND the Alternate Hemisphere's total and unbiased memory input on ANY issue that effects physical/mental functioning. Using muscles and touch also involves more of the client's beingness than does just using verbal responses to questions. "Its extra muscular activity and sense input expands both the amount and quality of information reaching the brain. During the test, the brain gets feedback in its own language, kinesthetic perception, beyond any it could receive through conscious deliberation." (Stokes and Whiteside, 1984. p. 3:2)

The fine-tuning of a muscle test can bring to light stressors the person has felt but hasn't verbalized or thought about. Sometimes, just knowing the SPECIFIC cause of stress gives the bodymind enough data to resolve the problem and defuse the negative emotion attached to it. This "knowing" is not just intellectual but exists at a very deep and profound bodymind level.

3.3. OPTIMAL ATTITUDES FOR ACCURATE COMMUNICATION AND MUSCLE CHECKING

(see Stokes and Whiteside, 1984, pp. 3:22-3:24)

ATTUNEMENT

FACILITATOR: The facilitator TUNES IN to the person's energy field using touch and unbiased awareness. They put their undivided attention on the person and the procedure and have no expectations other than being AWARE of the message that the muscle is communicating about the issue in question.

PERSON: The person must choose to ATTUNE to their own body. Put themselves in an ATTUNED state of mind. Once their indicator muscle is in position, they simply stabilize it there and give it their unbiased attention and interest but have NO EXPECTATIONS. Just be there!!!

ASSURANCE

FACILITATOR: the facilitator must trust their test-ability and be assured that they will get accurate and useful information.

PERSON: the person must likewise be assured that they will get accurate and useful information. The main stumbling blocks will most likely be the FEAR of being tested, FEAR of or aversion to being touched (a problem in some cultures), or a FEAR of "not being in control". Consciously they give themselves the command: "I CHOOSE TO BE TEST-ABLE."

INTEREST

FACILITATOR: The facilitator demonstrate their interest in the person by using gentle ssslllooowww pressure during each test.

THE IMPORTANT POINT IN MUSCLE CHECKING IS TO REALIZE THAT THIS IS NOT A BATTLE OF WILLS OR TEST OF STRENGTH.

The facilitator also communicates interest by staying in touch-contact with the indicator limb/muscle for a brief time both BEFORE AND AFTER the pressure. This continued contact shows their interest and assurance and keeps the facilitator attuned to the person's energy.

PERSON: The person is to really get INTERESTED in discovering what their bodymind has to tell them. The process is truly fascinating and SO VERY ILLUMINATING!! BUT THEY ARE TO ACCEPT, NOT EXPECT!! This is a difficult but vital attitude to have.

The above attitudes mean that there can be no enforced treatment, cure, therapy, instruction etc. It is largely a waste of BOTH the person's AND facilitator's time to proceed unless there is willingness to change, to learn, to use the knowledge, to practice the agreed upon corrections and so on. Thus, during the procedure, we check out the level of acceptance to ensure we are using the best procedures to deal with the issue at the time.

One lesson I as a facilitator have had to learn and constantly remind my self to honour is that I accept and follow through on what the wisdom of the bodymind tells me and not let my preconceptions and assumptions of what is "right" or "sensible" get in the way. I frequently say to my self "This doesn't seem possible or useful" when the bodymind comes up with a bit of information or requests a particular correction. I have to let go of all this "MY STUFF" and honour the wisdom of the bodymind.

3.4. THE ART OF MUSCLE CHECKING

- ∞ Muscle checking is a way to compare WHAT WE KNOW (high gear/"switched on") with what we are STILL LEARNING (low gear/ switched off). (Dr. Dennison)
- ∞ Muscle checking gives instant feedback. In the high gear or "switched-on" state, the muscles feel "SURE" and ACTIVE. In the low gear or "switched-off" state, the muscles feel UNSURE or doubtful.
- ∞ Muscle checking also helps the body to ANCHOR NEW LEARNING.

3.5. GROUND RULES OF THE ACTUAL CHECK

THE PERSON'S JOB IS TO NOTICE THE SUBTLE DIFFERENCES IN THEIR EXPERIENCE OF THE ENERGY SHIFTS IN THEIR BODY SO THAT THEY KNOW HOW MUCH ENERGY IS REQUIRED TO MAINTAIN THEIR ARM (OR OTHER LIMB) IN RESPONSE TO THE PRESSURE ON IT.

GUIDELINES

1. Stand, indirectly facing one another by standing slightly to the side, rather than face to face.
2. To maintain a sense of balance and stability, the facilitator(the person checking the muscle) rests one hand on the partner's shoulder and the other hand on the arm being checked.
3. For clearer results, it is best to make eye contact BETWEEN checks and NOT DURING the checks.
4. The facilitator states "arm out... thumb down...." To make the test valid the person is to keep their fingers separated during the checking and breathe!!!

5. The facilitator indicates when they are ready to apply the ssslllooowww GENTLE pressure by saying "Ready" and as they apply this pressure they ask the person to say out loud "Pusssssshhhhhhh" to avoid holding the breath which makes the muscle test of questionable validity.

When the facilitator says "Hold" the person inhales and then exhales slowly saying "Pusssssshhhhhhhhh" when the pressure begins and continues to say this until the pressure is released. The person is to be relaxed, alert, interested and keep their fingers apart. Closed hand position can "short circuit" the bodymind's energy/information system and produce misinformation and inaccurate feedback and communication.

6. KEEPING YOUR HAND ON THE ARM, wait for a brief moment before beginning to muscle check so the person will have enough time to get ready. Then begin pressure... increasing GRADUALLY until you can feel if the muscle contraction can hold or if it is beginning to switch off. If it is "switched on," continue slight pressure long enough for the person to feel it is "switched on" and then SLOWLY and gradually release pressure. If the muscle is "switched off," continue pressure long enough for the person to experience the "switched off" state.

THINGS TO LOOK FOR

- ∞ Be sure the person being checked is not clenching their fist (this indicates a lot of effort and the recruitment of other muscles).
- ∞ If the person tips off balance = "switched-off" response (because they are having to recruit the entire body to keep the arm up. A "switched-on" muscle will stay up effortlessly and without strain.).
- ∞ Saying "arm out, thumb down" is very helpful because it isolates the deltoid muscle being checked. (see figure in 3.6.4.2.)

3.6. YOUR OWN BIOFEEDBACK EQUIPMENT: THE HOW-TO-DO-IT OF MUSCLE CHECKING (quoted from Topping, 1990, Chaps 5-7)

3.6.1. PRINCIPLE

"We can use muscle checking to show what thoughts, foods, etc. are disorganizing to the body's energy and neurological system. The muscles are therefore a simple, very effective form of biofeedback that we always have with us.

3.6.2. BACKGROUND

"While manual muscle checking has been used for decades by physical therapists and athletic trainers, its use to determine other information from the body is comparatively recent, going back primarily to 1964. At this time Dr. George Goodheart, a chiropractor in Detroit, began demonstrating that certain muscles checked weak when specific organ functions in the body were out of balance. Goodheart's research gave rise to the field of Applied Kinesiology. Since then, Touch for Health has emerged and mushroomed, opening up much of this valuable information to the lay public, and, together, they have given rise to at least 22 different 'Kinesiologies.' Muscle

checking has had such an impact on chiropractic and wholistic health that Dr. Goodheart has even been nominated for the Nobel Prize.

"Of course, we shall keep our muscle checking as simple as possible so that you can more quickly master it. Should you become fascinated by your use of muscle checking, I suggest you locate one of the following books:" Your Body Doesn't Lie or Behavioral Kinesiology by Dr. John Diamond; Touch for Health by Dr. John Thie with Mary Marks; MRT by Dr. Walter Fischman and Dr. Mark Grinims; Which Vitamin, Which Herb Do I Need? by the Biokinesiology Institute, Self-Help for Stress and Pain Plus Learning Blocks by Barhydt, E. and H. ; or better yet, take a class in Touch for Health, Biokinesiology, or Educational Kinesiology.

3.6.3. METHOD

"In muscle checking, we place a specific muscle in its contracted position, isolating it as much as possible from its neighboring muscles. We then attempt to extend the muscle to see whether it is strong ("switched on") or weak ("switched off") relative to the strength of the individual being checked. Although many people use the words "strong" and "weak" in regard to the muscle checking, we are not actually checking the strength of the muscle but rather the neurological circuits from muscle to brain and brain to muscle to see if they are operating appropriately. Are the energy circuits involving that muscle "switched on" (strong response) or "switched off" (weak response)?

"The circuits may be switched off for many reasons such as nutritional deficiencies, emotional stress, sensitivity to metals, colors, perfumes, vertebrae out of alignment, etc. We'll observe ... how negative emotions and food and environmental substances and inappropriate exercise can cause the muscle to switch off.

3.6.4. GENERAL MUSCLE CHECKING PROCEDURE

- "1. Ask the person being checked if there is any reason why you cannot check the muscle. There may be an injury that would make the muscle check inadvisable.
- "2. Inform the person that they should let you know immediately if they feel any pain during the checking and that they should let the arm go.
- "3. Place your other arm on the person's other shoulder to increase the stability for both of you.
- "4. Demonstrate the range of motion of the muscle you are about to check. This check lets the person's brain know which particular energy circuit is about to be checked.
- "5. Let the person know that they should tell you to "push" when they are ready for you to attempt to press the arm down away from the position of greatest contraction for the muscle.
6. The person says "push". With your fingers already on the person's forearm, increase the pressure from zero to a maximum, then release, all in the space of about two seconds. You are interested only in what happens in the first one or two inches. If the muscle is "switched on" it will "lock" into position. If it is "switched off" the muscle check will appear "mushy" or may "bounce".
7. Remember that you are checking to see whether the energy circuit is switched on or off. Be careful not to overpower the muscle; it is not a battle of strengths.

"....[W]e'll be featuring just two muscles, the first because it relates specifically to stomach function and is therefore a very practical muscle to check when we are working with emotional stress, and the second as a general purpose muscle check...

3.6.4.1. PECTORALIS MAJOR CLAVICULAR (THE "SWIMMER")

"The first muscle we'll consider is that upper part of the pectoralis major muscle that originates or starts on the upper part of the breastbone and collarbone or clavicle (hence the name "clavicular"). The other end of the muscle inserts into the upper outer part of the humerus or upper arm bone. When it contracts it assists in bringing the arm forward and turning it inwards so this is the position we need to put the arm in. Place the arm straight forward so that it makes an angle of 90 degrees to the chest, rotate the arm so that the palm is facing outwards and thumb is down. The facilitator would then place his fingers on or just behind the wrist and gently attempt to push the arm down and out away from the body. If the muscle is switched on the arm will lock into position; if it is switched off it will fail to lock; it will be mushy and give way under pressure.

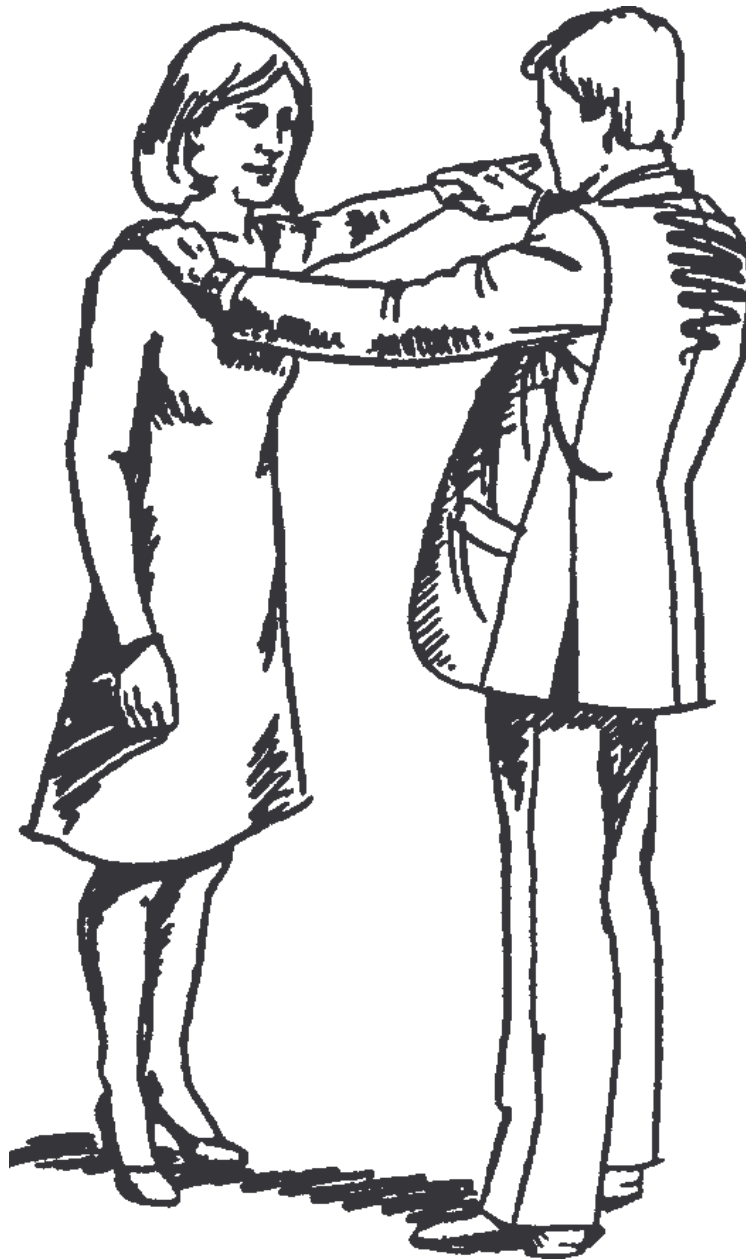


"Now you need to practice until it feels comfortable. Have your friend check you also so that you get to feel what it is like to be on the receiving end.

"Before we begin using the muscle checks to let us know what your body thinks of certain situations we'll take a little time to describe one other muscle check for later use.

3.6.4.2. DELTOID (THE "FLYER")

"This muscle check is ideal as it is usually found switched on and is easy to check. The muscle is delta-shaped, caps the shoulder, and is responsible for moving the arm away from the body. The person raises the arm, palm down, horizontally to the side of the body. Keep the arm straight and don't make a fist. The facilitator places the pads of his fingers on the person's wrist or lower forearm and places his other hand on the person's other shoulder to stabilize both of you. The muscle checking procedure is the same as outlined previously except in this case the pressure is applied downwards.



3.6.5. APPLICATIONS:

3.6.5.1. TO DETERMINE IF A SPECIFIC SITUATION OR CERTAIN THOUGHTS ARE DISTRESSFUL FOR YOU

1. Have your friend check the pectoralis major clavicular ("swimmer") muscle as described [above]. Is the muscle switched on? If not proceed to 5.
2. Think of a situation that you consider to be stressful. Recheck the muscle. Did it switch off? It should. If not, pick another more stressful example, then recheck. If still locked, see workshop leader. You may be resisting too much, holding your breath, or may need to choose to be checkable, etc.
3. Think of a favorite vacation spot. Recheck the arm. Is it switched on again?

4. Think of a past event that was definitely stressful at the time and which you consider to be no longer stressful. (The death of your pet cat or dog when you were a child could be an excellent example.) Did the arm unlock? Were you surprised at that?
5. If the muscle was not switched on originally, think of some positive thoughts or recall a favorite vacation spot. Recheck the muscle. Is it switched on now? If so, what can you learn from this experience? If it remains switched off see your seminar leader to get his/her assistance.

Checking Your Friend

Change places so that both of you get to experience what it feels like to have your arm switch on or off depending upon your thoughts. Muscle checking is as much an art as it is a science, so get plenty of practice.

3.6.5.2. HOW VULNERABLE ARE YOU TO DIFFERENT TYPES OF SITUATIONS?

Listed below are some things you can each think about to determine which ones cause your pectoralis major clavicular muscle to switch off. Record your results. Have fun!

Subject	Switched On	Switched Off/ Blocked/Froze n
Spiders		
Snakes		
Exams		
Taking a driver's test		
Delivering a speech		
Filling in tax forms		
Applying for a job		
Witnessing a car accident		
Giving instruction to others		
Receiving instruction from others		
Confronting someone on an issue		
Pick your own....		

"You now have a simple means of determining whether or not anything is creating emotional distress for you. How does it feel to have your own biofeedback equipment? You've had it all along and didn't even know it!"

3.7. MUSCLE CHECKING YOURSELF WITH THE QUADRICEPS MUSCLE

(quoted from Hamilton and Elizabeth Barhydt, 1994, p. 58)

"Even if you are by yourself, you can muscle check to confirm the need for a particular balancing exercise and to confirm the effectiveness of the balancing exercise after doing it. We have found the quadriceps muscle to be the simplest muscle to self-check."

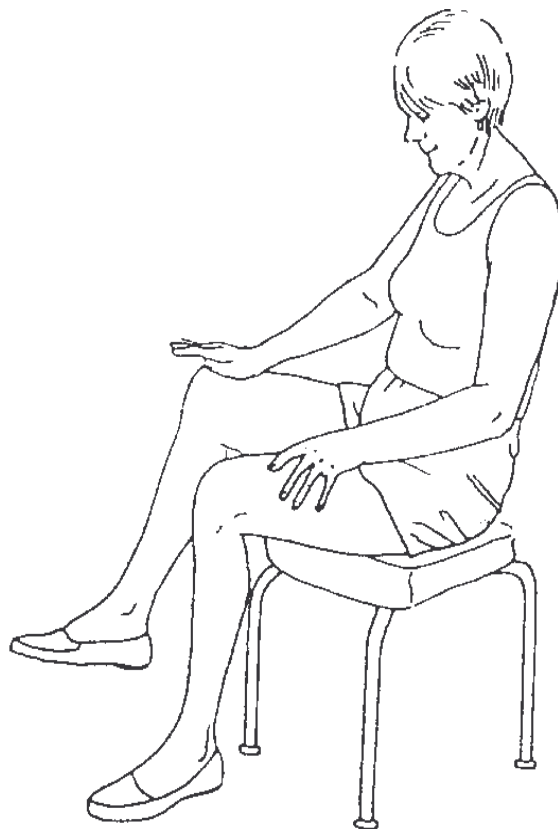
3.7.1. QUADRICEPS SELF CHECK

"The self check for the **QUADRICEPS** muscle can be done sitting, standing, or lying down. However at first it is easiest to learn to do in the sitting position."

"Raise the leg to be checked and bend the lower leg at the knee to make about a 110 degree angle with the thigh. Push down on the thigh just above the knee."

"Be sure to breathe out and say "Push" as you press on the thigh."

"The standing check is done in the same way. If you have difficulty standing up on one leg, you may want to brace yourself or lean against the wall."



3.8. MUSCLE CHECKING YOURSELF WITH THE WHOLE BODY SWAYING TECHNIQUE (quoted from Bruce A.J. Dewe, MD, Professional Kinesiology Practice International, PO Box 24-162, St Heliers, Auckland, NZ)

Dr. Dewe writes: "Here is a checking technique that my wife, Joan, has used for the past 10 or 12 years. We have taught it in the Symbol Kinesiology classes in Europe for the past three years [since 1991]. It provides a solution for one of the problems that many people encounter with muscle checking; "How do it check myself?" Here is a simple system that is easy to learn and apply without anyone noticing what your are doing. Its advantages include:

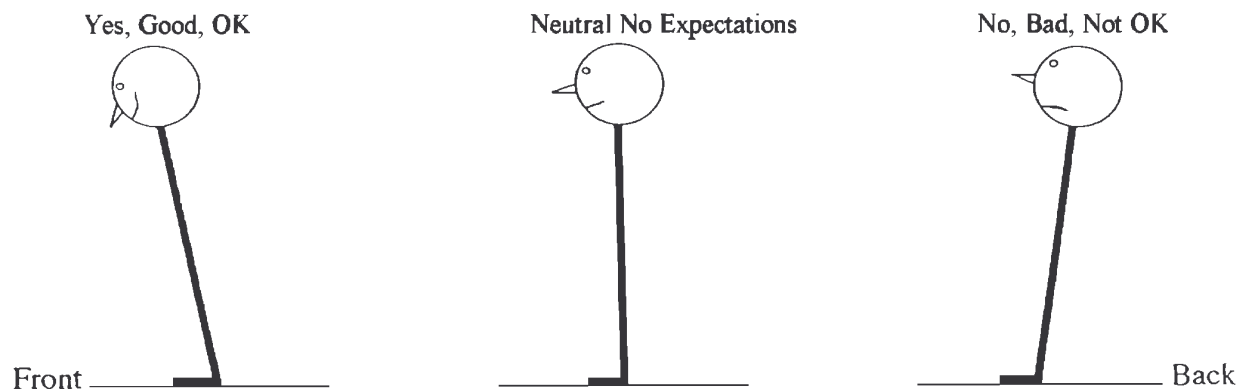
1. Being able to test this way in the shopping center with both arms full of parcels.
2. It is discreet. People will not stare or wonder what you are doing.
3. You can teach a client 'self-testing' without having to touch them.
4. The client can do it at home without the assistance of a family member.
5. It works for both stress checking and Yes/No checking."

The basic instructions and conventions are as follows:

Stand upright and put your thoughts in "neutral" with no expectations as to what will happen. Just notice your body's response with interest and curiosity. Get your Belief System (abbreviated as "B.S.") out of the way. After each question, go back to the neutral no expectations vertical stance and wait for the next response with interest and curiosity only.

A forward lean means "Yes" or "Good" or "OK."

A backward lean means "No" or "Bad" or "Not OK."



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