

More Thoughts on the Kinesiology Process

My following comments (although they include well-known experiences that many of us have) are not proven by scientific methods yet. It is possible, however, that with the ever increasing new techniques and equipment that are being developed for the measurement and documentation of more and more subtle energies, my comments may be proven in the future.

I use kinesiology with my clients because I have found it speeds up the release of negative thought-energies that inhibit individuals' success in many aspects of their lives (success at work, in relationships, with diets, etc.). Why do I think it works? In my opinion this may be due to the fact that the Kinesiology Process reduces the noise of the knowledge-transmission by acknowledging and supporting the body's ability to think. Relevant is the concept of channel capacity. Communication over a channel (such as telephone, Broadband or DSL) is impacted by three things: the transmitter, the noise in the channel and the receiver. When noise in the channel is reduced more information can be communicated.

What types of noise can reduce effective body-thinking transmissions?

- We deny our body's involvement in thinking. When we deny we don't acknowledge receipt of the message.
- If the body-thinking message is subtle, we may need to practice to be aware of the transmission of the information.
- We are often too busy with other things to pay attention.
- We are so skilled in other ways we get along optimally or maybe not so optimally.

Most of us have had intuitive thoughts which also accompany feelings in our bodies, such as either anxiety, fear, pain or joy. Further, if we've paid attention to our body's-thinking and feeling and acted on what it was telling us, we often had good results. The man who started Sony Corporation, who was known for making excellent business deals, from what I understand, used to picture himself digesting a deal. If it gave him indigestion he would walk away from it. His body-mind communication channel seemed to be exceptionally focused and free of noise.

On the other hand, if we had intuitive thoughts accompanied by feelings or thoughts in our bodies, and we did not pay attention we often had bad results. I myself vividly remember an incident when I did not pay attention to my body's thinking. A friend asked me if I wanted to help out with the planning of a party for a mutual friend. My thought was, "No, do not do this." I did not listen to my thought and said yes; immediately I had a very sharp pain in the left side of my stomach that almost made me keel over. I did not listen to my body's thinking either and went ahead with being involved. A very negative result of my involvement was that I lost a major and important friendship due to what transpired during the planning process.

On our own, we can learn how to use our mind and our body's thinking. However, when we get stuck, I find that Kinesiology used by a practicing coach with and for a client can facilitate and speed up the process. Why? Shorter more focused (more organized) mind-body talk can bring greater understanding, more quickly.