

## **Corrections in a Kinesiology Balance: Why do they work?**

There are many corrections used in a K-Balance and these are derived from years of study and adaptations of the many Kinesiology systems. The two below are frequently used in Intuitive Kinesiology®, the type you will be experiencing. You may ask your practitioner further questions about corrections at the time of your session.

### **Light**

In various Kinesiology systems, we shine light of a small flashlight to restore balance. The light shines in specific places that tend to release fixations. Fixations, which come from the Three in One Concept system, can be mental, emotional, etc. Light allows us to let go of a contracted state and move into a more expanded or uplifted state; to move out of a fixated state and into movement. Shining light in the area above the eyes affects the pituitary function and the 6th Chakra area. Shining light at the crown of the head affects the pineal function and the 7th chakra. Among other things light affects the production of melatonin and makes us less depressed. We may also be affecting the hypothalamus, or the ethmoid and related areas.

### **Wood**

Wood is used in correction because it has the capacity to neutralize over energy and overwhelm in body systems. We use this correction when the body as a priority correction chooses the V/A mode. The body can sense overwhelm and the wood clears by neutralizing. The type of wood is not in question, but it is better in a pure form.

### **Directed Breathing**

This is a correction that came into being about two years ago. We all know the benefits of correct breathing and how it can settle relieve stress and calm the body. May times the body will ask for breathing as a correction. This is an extenuation of normal or regular breathing in that it asks for a specific way to breath and the client be actually in charge of how the body breathes. This takes place by assuming normal breathing at the belly and then actually directing the breath at the forehead or another area of choice by testing. The client then 'thinks' the breaths in and out of the forehead during the normal inhale and exhale of the normal breath. This is a very powerful correction and oftentimes clears many deep levels as well as glitches.

### **Reflecting Shape**

Reflecting shape is traditionally used to release energy cysts and overlaid fulcrums. It is used when we have a sense of following shape or patterns. As we contact the field or body we notice how the area wishes to move. We follow, making sure to give enough space so that the pattern will not distort or react and the system may shut down or stop or so that trauma will not seed deeper in the system and create more trauma.

We follow the movement in the direction of ease, to a natural edge. At the edge we wait for a settling or a point of balance (no movement, but not shutdown). At this point the tension in the fields is evenly distributed and can release the old pattern. There are many forms of release such as tingles, heat, shock waves, pulsation's, or shifting tissues.

### **Holding Space**

Sometimes the body will ask to just stay or 'hold'. In this sense, the body knows it needs time to process before moving on to the next correction or segment. If we sense our client is scattered, this is the time to hold. You can maintain a muscle test if you cannot sense the system and ask the body to tell you with a change in indicator when it is ready to move on.

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