



Issue 13, Fall, 2019

KinesioGeek Magazine

The Essence of Sound

Everything is Frequency

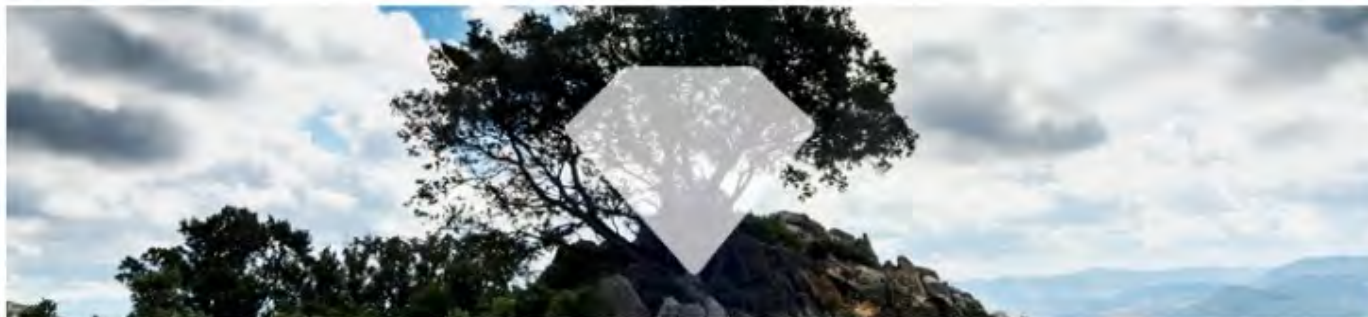
**A Shamanic Musical Tradition,
with Michele Marie Gervais**

**A Kinesiology
Calling**

**Soundthurst
Technique**

**5 Reasons why Im
Afraid of the
Keto Diet**

Healing with Sound



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with Michele Marie Gervais

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Proudly brought to you by
contributing KinesioGeeks:

Alexis Costello (Editor/
Publisher / Flawed Dicta-
tor)

Anne Jensen

Evelyn Mulders

Lisa Kilgour

Marco Rado

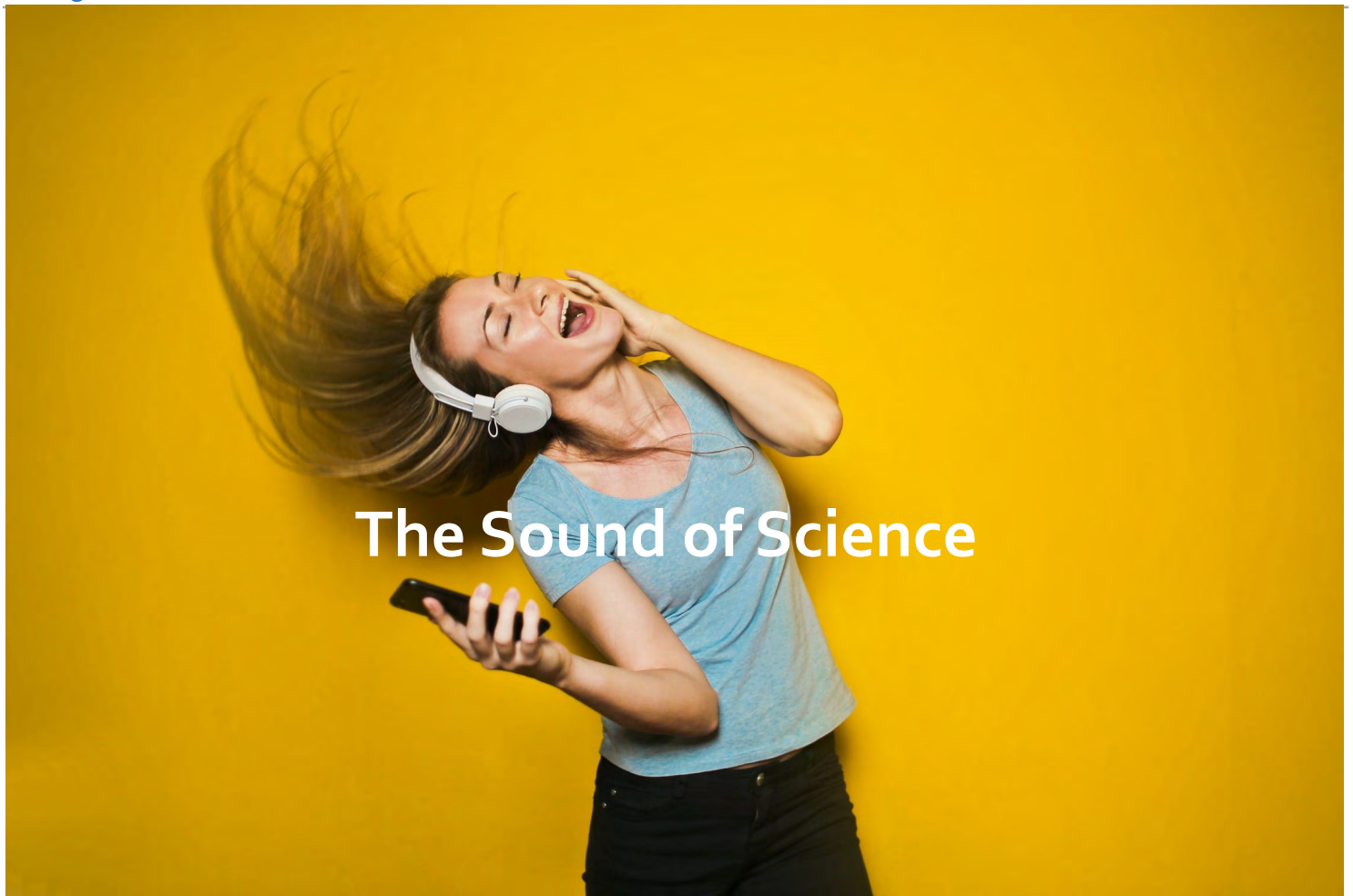
Michelle Greenwell

Michele Marie Gervais

Ruth Generke

Sylvia Marina

Cover art 'Jellyfish Abstract' by
Andy Thomas



The Sound of Science

I basically always have a song playing in my head.

To some, this might sound like a distraction. To me, it sounds like a way of helping myself keep the beat of my life. The right song in my head puts a spring in my step and sets the rhythm of my movement. It can also offer me feedback about my mood and how I am feeling about things on a subconscious level, allowing me to stop and take note and make changes before a mood becomes a MOOD that might affect things adversely. In this issue, we look at some of the ways we can balance ourselves with sound. This can involve a precise sequence of sounds combined with movement, or might involve ingesting a frequency that has been absorbed by water in an essence. Or, it can be as simple as rocking out to your favourite song and noticing how much better you feel afterwards.

Within these pages you will also find a technique that allows you to affect the spine and bones using the frequency from tuning forks; and advice from a nutritionist about why we should all be cautious about keto.

However you implement it in your life, we could all do with more consciously chosen positive sound, and less of the random noise that seems so ubiquitous in this modern age.

We're all in this together!

Alexis Costello

Do you use sound for balancing in some way in your work?

[Jackie Gorman](#) I've used tuning forks as the correction for people's sessions. The experience is different for them with weighted and unweighted tuning forks. Believe it or not my brain injury clients respond better to the tuning forks made of cheaper material and lower vibration. The higher pitch is too much for them. In some cases, tuning forks was all the needed for the correction which has been profound.

[Natascha Polomski](#) I use singing bowls to assess either on or off the body in combination with bioenergetic feedback in form of the body sway. Then I use bioenergetic feedback to find the best correction and that can be singing bowls, tuning fork, native drum, Hapi steel drum, Koshi Chimes or any other tool I have in my toolbox. If it's the instruments the best use has to be determined.

[Kasia Rachfall](#) I sometimes use tuning forks. I have a set tuned to each chakra. Whether I use them depends on the session. Sometimes the body asks me, sometimes it's intuitively guided.

[Kelly Richardson](#) I've used tuning forks on meridians, chakras and biofields. Biofield tuning has been really fun to learn about. I've also used tuning forks on horses with great results!

[Denise Cambiotti](#) One of my colleagues loved her Applied Physiology meridian tuning forks sooooo much that she wouldn't part with them. They were at her side whether we were having a kid's play date in the park or even going grocery shopping. They were so precious to her. Some people just LOOOVE that feeling when the right sound is applied at the right place!

[Check out this video for a tuning fork meridian trace:](#)

Your Turn: sharing who you are

2nd Annual IKC Balancathon!



"IKC Balancathon Stradbroke, Suffolk, UK at the local Community Centre, we joined in the world wide event and helped to raise the 'Heart Energy' and Awareness with various TFH activities...switching on, daily balance, meridian dance, 'Heart' stories, and a group balance. Thank you so much to the local kinesiologists Susanne Lakin, Jan Hillman, and especially to Anita Ramsden who was my co-organiser and headed up the refreshments with her team of helpers. Yummy gluten free, dairy free cake with chocolate icing and strawberries was served amongst other goodies. A raffle was held, with the 'Wisdom Within' book by Ann Holdway, a Mindfulness book and an Optimum Health Daily Balance Folder.

Thank you to the TFHers and friends who joined us and became the 'decorating team'. Thank you so much for your generous donations to the TFH Charity which will benefit others. We all had a Wonderful time, and the local interest was amazing...

Looking forward to doing this again...next year."

Rachel Lead & Anita Ramsden - Suffolk. UK



We had a small event on the beach in Dominical, Costa Rica, doing meridian dances and 14 muscle balances. Looking forward to next year and seeing the pictures from all of the other events worldwide! [Click here for a little video we made.](#)



"A total 11 balances during our event in Peachland BC Canada ☺☺"

Children played while the older siblings and parents participated in muscle meridian dance, it was beautiful to see the stress melt away from their faces and the hearts open with more love ☺

It's always exciting to see new people exposed to the tools of Touch for Health and gain effective quick ways to self care on a deeper level

We added in some during to seal in the energetic love glow before having tea and snacks

Looking forward to next year!" – Rochelle McFarlane





A Shamanic Musical Tradition

An interview with Michele Marie Gervais

Michele Marie Gervais, a Certified Acutonics Practitioner, has a holistic practice in St. Albert, Alberta, Canada and works primarily with sound, colour and energy medicine. I found her as the author of the book, 'Spiritual Portraits of the Energy Release Points'. Here, she answers questions about the use of music and sound in healing; traditions of the past and applications for now.

A: Can you tell me a little bit about the history of sound and music in healing through shamanic traditions?

M: In all cultures -sound has been an integral part of wisdom traditions of healing. The shaman was responsible for the health and wellbeing of the community - each culture has its own creation mythology and sound is a common denominator linking all cultures. Primitive man would have experienced the power of repetitive dance steps- rattles and drums, chants as a connection to their God source. The shaman knew that health and well-being was greatly enhanced through this connection. Sound in this way was used to strengthen the connection to the creator gods, the spirit world, the unseen forces of nature and the human- for there was no separation - all is one and interconnected. The mystical and unknown properties (at that time) of sound allowed for the creation of a bridge between the known and unknown world. The shaman helped his people as well as himself through repetitive sounds to induce trancelike states.

Ancient cultures have always been connected to their source - nature elements - their bodies and were much more attuned to the sounds that kept them grounded and vital. The development of chakra sounds (bija) are an example and are becoming more and more common - a good example of resurrected wisdom.

In western philosophy - the influence of ancient Greeks and ancient Egyptian wisdom is foundational to our modern music system - the Greek god Apollo was known as the god of healing and of music. That music was an essential element for healing was well understood by these ancient cultures. Apollo had a son named Aesclepius who established a healing temple on the Greek isle of Kos - his famous descendant was Hippocrates- known as the father of modern medicine. Ancient Egypt was the home of many healing temples and archeological evidence shows the use of musical instruments as part of the healing process overseen by the high priests of these temples. Music was an integral part of culture and wellbeing to ancient man and did not really become a separate art form until close to the 17th century.

A: Is this kind of traditional approach valid for the ailments and stresses that people are dealing with in the world now?

M: I would say that the biggest gift that sound healing has to offer people is a reconnection to their essence. We are all vibratory beings and being that we are made mostly of water (and water has consciousness and holds memories - shown to us by the late Dr. Emoto) we are perfect embodiments for healing to take place. My goal in a soundtouch therapy session is to create a space where bridges to higher consciousness are constructed - this specifically for the healing of the spiritual, mental, emotional and physical aspects of the body. I have listed the physical aspect last because I have observed that the physical disharmony shows up last - that a stress has come in from the outside - in so to speak. (In other

words disharmony is present in the other aspects and then show up in the physical.) In Chinese medicine the use of acupuncture in the past was much more connective - there was an alchemical process at the heart of it based more on Taoism - uniting spirit and matter - mind and body- reorganizing them into a wholeness. Sound becomes the pathway for this unification process - the goal ultimately to restore communication between mind and body bringing a person closer to experiencing a return to wholeness. A person is naturally harmonized - it is life and our responses and perceptions which throw us off. Soundtouch creates the opportunity to have the envelope of space to reset and realign - shifting the perspective and calming the body. Return to nature.

A: Can you give some examples?

M: I see a lot of people who have experienced trauma. Whether they are a refugee, an abused person, going through a terminal illness or a first responder. The reality is that navigating life is not always easy. It would depend on your definition of "healing" - and for everyone it is different. I would say the role in holding space for the process is essential. A powerful example of my own experience was when I was receiving a sound treatment from a colleague and having nature show up with a multitude of squawking birds and crickets adding to the rattles - as well as tuning forks placed on my body - at the time I was going through a pretty painful emotional process - yet could not cry. (You know keep calm and carry on), however I was starting to develop an anxiety and panic disorder. During this session I released such wails of grief and unstoppable sobs - and those birds and crickets matched me! It was incredible - when I calmed - they were calming too. It was truly magical. I haven't had a panic attack since (it had been 10 years), and then I could actually address the disharmony of anxiety.



A: I read on your website about harmonizing to the earth using the eight sacred vessels. Can you tell me a little bit about what these vessels are and how balancing like this works?

M: The eight sacred vessels are part of the connection to the divine blueprint of the “who you are” in Taoism - they are an interface between the All and from them the organ meridians are created. They are sacred and they bring us closer to our divinity. My particular therapy that I have developed uses them as the base of the healing protocols. They are resurfacing in terms of learning more about them - in the past acupuncture students were not taught much about them besides a few physical reasons for use. Two of them are well used (the conception vessel and the governing vessel) I have observed that the use of these vessels help the physical body to communicate with the mental, emotional and spiritual aspects - the mind begins to understand the language of the body - whether it be through sensations, systems, poetic images, metaphors and dreams. We wake up so to speak with New awareness.

A: Ah! So these are the same as the Extraordinary Meridians! OK, so what are some ways that people can bring more of the power of healing with sound into their lives?

M: Unplug from technology, spend time in nature, spend time by yourself, listen to music and see how you feel - explore as many different genres as possible: sing, chant, tone. Listen to the sounds of the body, connect your consciousness to what is going on in there. What are your organs sounding like? Dance, move - draw the music - explore your creativity. Be in silence.

A: Are there any resources (other than your own books and courses) that you would recommend for someone wanting to learn more about this?

M: Good books for further reading

The cosmic octave - Hans Cousto (This one is great - it talks about how sound creates colour it explains how planetary frequencies are formulated etc)

The Channels of Acupuncture- Giovanni Maciocia

The Psyche in Chinese Medicine - Giovanni Maciocia

Cymatics - Hans Jenny

Power of the Five Elements - Charles a Moss MD

Healing with the Chakra Energy System - John Cross

Nourishing Destiny - Lonnie Jarrett

The Web that Has No Weaver - Ted Kaptchuk

Five Spirits -lorie Eve Dechar

Michele Marie Gervais graduated from the Faculty St. Jean University of Alberta in 1986 with a B.A. and 1987 with a B. Ed. Both bilingual degrees with a music specialization, lead her to begin her professional career teaching music, art, dance and drama in the school system from 1987 through 1990 and 1995 to 1996.

As a classically trained pianist, she continued to teach private music, theory and composition lessons from 1988 to 2008 and during that time became an examiner for theoretical studies for Conservatory Canada (National official examinations for music students in Canada).

After receiving a Master Practitioner certification in Sound Healing through Kairos Institute in New Mexico, USA in 2010, she was awarded Master Teacher Certification shortly after. As a Master Practitioner and Master Teacher, she taught the Acutonics system of Sound healing until 2012. (continued next page)

In 2013, Gervais created a healing modality called Soundtouch Therapy focusing more on the use of sound and its integration with Chinese medicine and the chakra energy system. She has since developed curriculum for those wishing to learn more about incorporating Soundtouch into their healing practices as well as for those who are interested in learning about how music can be used for self-healing.

Michele Marie Gervais authored [*Spiritual Portraits of the Energy Release Points: A Compendium of Acupuncture Point Messages Found Within the 12 Meridians and 8 Extraordinary Vessels*](#), released in 2016 as well as *Affirmations for Purposeful Living*. Both publications are available on Amazon and indigo.ca

www.harmonic-medicine.com

mgcreate@gmail.com



Music for Practitioners

Nandhi sent me the following message and has given me permission to share his work with any of you who would like to listen! ~ Alexis

"I am a yogi from India, living in Los Angeles. I am unfolding a large vision for humanity. The music we produced utilizing Siddha chant mantras is stated to have broken the kinesiology scales of enlightenment, above 1000- utilizing Dr David Hawkin's method. I wish to offer a download of my album Arakara containing 11 tracks for you to evaluate. This high vibrational music has led to instant transformation of lives of many. Please let me know if I may share with you the gift download link. In grace light Nandhiji."



Siddha mantra chant music- Arakara is the mantra resonance of manifestation. Arakara Album 11 tracks: Absorb the sacred mantra fires, awaken the inner dance and be the Light! <https://www.dropbox.com/sh/lo81664b31i5035/AABiSJbhmt2lSZ3BhcfBZPgna?dl=0>

www.nandhi.com

Everything is Frequency



By Michelle Greenwell

"Everything is Frequency" and so Begins the Healing Process

In order to understand "Healing with Sound", an individual must change their whole perspective on the human body and the ability to heal. In Western medicine, a malady begins, and symptoms arise. The individual seeks out a doctor or medical person to diagnose what the symptom means and what form of treatment will release the physical malady. The illness or dis-ease is considered a physical challenge that can be resolved with intervention. In order to shift this ideology, one needs to recognize that "everything is frequency" and that all that is required is a shift in the frequency being expressed.

Richard Gerber, in his book "Vibrational Medicine" explores the recognition of the human subtle energetic anatomy, and specifically, the astral body, (p.136). If you look at the keyboard on a piano and superimpose the frequencies of the energetic anatomy onto the keyboard, the lower end of the keys would be the "physical octaves" with a step to the right to the "etheric octave", and the "astral octave" and the "mental octave". "Knowledge of this part of the subtle human anatomy has been known and taught since the earliest Egyptian dynasties. The astral body is a component of the total multidimensional human being and, like the etheric body, is usually superimposed over the physical frame."

The astral body is often recognized for its emotional component. In western medicine there is a recognition that emotions can have an impact on health and often these are referred to as neurochemical disturbances, but it can also be a shift in energy flow or frequency that is happening within the astral body, the chakras and into the 5 elements and meridians. J. Gray, in "The Psychology of Fear and Stress" (1971) expressed: "The degree to which people are affected by these desires and fears governs the extent and nature of one's personality expression upon the physical plane." Functioning as a mechanism outside of the physical body, the astral body is a consciousness level that can be explored through emotions and frequency shift, with the brain being the interface for expression of the soul into an active and physical life.

One way to look at this is the frequency of illness. Dr. Gary Young of "Young Living Essential Oils" shares the power of using essential oils for their frequency component. He recognizes that a Healthy Human Body will resonate at 62 – 68 Hz, while a body experiencing Candida symptoms will have shifted to a frequency of 55 Hz. Cancer begins to grow in healthy cells when the frequency drops to 42 Hz and death results when the frequency drops out of the body. Our emotions can bring up our frequency or drop our frequency. If we have a reaction to an event that increases our negative thoughts, there can be a drop in the body of 10 Hz. If we continue to hold onto these thoughts, the drop in frequency becomes a new normal. If we react to life with an increase in positive thoughts, there can be a rise of 10 Hz that can be sustained and enhanced with holding on to these higher frequency thoughts and emotions.

David Hawkins, in his book "Power vs Force" identifies an algorithm of function for emotions

that involve a level of emotion, the emotion itself, the process that results from adopting the emotion into the body, and the life view that is created by holding onto that frequency. For example, on a scale from 0 – 1000, fear is at 100 and is expressed emotionally as 'anxiety'. The process that an individual will function at is to withdraw from situations, people and life, and this creates a life view that resonates with being 'frightened' of situations and experience. The turning point for frequency exists at the 250 mark with 'neutrality'. This is the position in life where we can 'trust' that things will happen for us and that all is as it should be. The process of experience is a 'release' and our life view is that everything is 'satisfactory'. Climb the scale and there is a powerful shift of resonance when the body recognizes life with more than just 'love' but an actual expression of 'joy'. On the scale this is 540 and the emotion experienced is 'serenity'. At this level the process of living is 'transfiguration' and the life view is 'complete'. In the grips of illness or experience one can easily be pulled into thoughts of fear, anger, grief, that is life experience. But once the time for reflection of the experience begins, it is imperative to the health of the physical body, that the whole being shifts into a state of 'neutrality' with 'trust' and then upwards on the scale into the higher emotions for expanded consciousness and experience.

"Everything is energy. Your thought begins it, your emotion amplifies it and your action increases the momentum," (author unknown). Releasing our need to be diagnosed, healing becomes an experience of finding the frequency required to heal. This could be through the frequency of nutrition, the shift of emotions, the release of past experience that has a lower frequency, the use of homeopathic remedies that shift frequency, movement patterns and sound. It is an incredible way to think about self-

responsibility and self-care, a model that BioEnergetic Wellness exemplifies.

Enter in the tools to shift frequency. In Touch for Health, the use of a Sound Balance using Laughter (Fire), Singing (Earth), Crying or Sighing (Metal), Groaning (Water), or Shouting (Wood) can be extremely powerful. It can be challenging to make the sound that is required to shift the body, (discovered through muscle monitoring for the desired sound), and this can be an awkward experience for someone until they are resonating at the frequency to support the element and the meridians. Always a profound experience in my clinical and class settings. In Tai Chi there are Six Healing Sounds that work in a similar way: Heee (Ministerial Fire), Whooo (Earth), Sssss (Metal), Chooo (Water), Shhhh (Wood), Haaaw (Sovereign Fire). These sounds are powerful on their own, but when combined with movement that expands and contracts the lower dan tien, the meridians and increases energy flow into the chakras, there is a greater shift experienced with the exercise. With a full moving meditation using sound, the body can move through either the Shen Cycle or the Ko Cycle using all the sounds in a specific order. Part of the Qi YINtegration program, the Five Element set with Sound and Color is a favorite. It can also be experienced with breathing exercises like the seated Don Yu, or commencement standing or sitting. Other similar exercises are also found in Qi Gong.

The specific frequencies achieved with the human voice continue into singing favorite tunes, choosing specific scales or octaves to sing, or to be a part of a musical performance where the instruments create the new frequencies. Our emotional experience of these events are significant in that when they allow us the opportunity to release lower emotions, and begin to transform into experiencing the higher frequencies moving forward, we have the ability to change the frequencies that the biofield is experiencing, but also the organs, the tissues and the systems within the body.



As Masaru Emoto discovered with his experiments with water crystals and emotion, the water that contained intention of love and gratitude and joy created incredible symmetrical water crystals in multidimensions. The water that held the intention of lower scale emotions like anger or hate had crystals that had holes and flat spaces and incomplete crystal formation. Lynn McTaggart has spent years reporting on and exploring wellness with her intention experiments. Her latest global program of "The Power of Eight" has seen whole communities, global action and individual success stories achieve health and wellness through intention. Her latest reporting of a very informative study by Leonard Laskow, an American gynecologist and healer, who was recruited by American biologist Glen Rein to test the most effective healing strategy for inhibiting the growth of cancer cells. Laskow believed in establishing emotional connection with a subject – even cells. Of five states of mind, the most powerful approach was asking the cells to return to the natural order, which inhibited the cancer cells' growth by 39 per cent. In addition, Rein instructed Laskow to hold each of his five states of mind in turn while grasping one of five vials of water, which would later be used to make up the tissue-culture medium of cancer cells. The water treated with the 'natural-order' intention again had the greatest effect, inhibiting the growth of

the cancer cells by 28 per cent. In this case, water apparently 'stored' and transferred the intentions to the culture medium and on to the cancer cells. The most effective healing intention had been framed as a request, combined with a highly specific visualization of the outcome, but not necessarily a destructive one.

Our combination of a balancing session which identifies a goal or specific situation with directed intent can have significant effect on the wellness of an individual when combined with the use of sound or frequency to create a shift in the biofield. With healing, the most effective approach may not be to destroy the source of the illness, but, as with other forms of intention, to put in a specific request then move aside, let go of the outcome, and allow a greater intelligence to fulfil our request as we accompany it with a specific sound wave.

Michelle Greenwell is a doctoral student at Akamai University who combines her passion for movement with her skills to assist with self-responsibility approaches for health and wellness. Her passion for the writings of Dr. John Thie and Matthew Thie in Touch for Health have provided her with the opportunity to combine her 4 decades of experience with dance and Tai Chi into a combined approach for building a toolbox of movement options. You can find Michelle at www.dancedebut.com, on Facebook at "The KEY to Health with Energy Medicine" and on Youtube: Michelle Greenwell.

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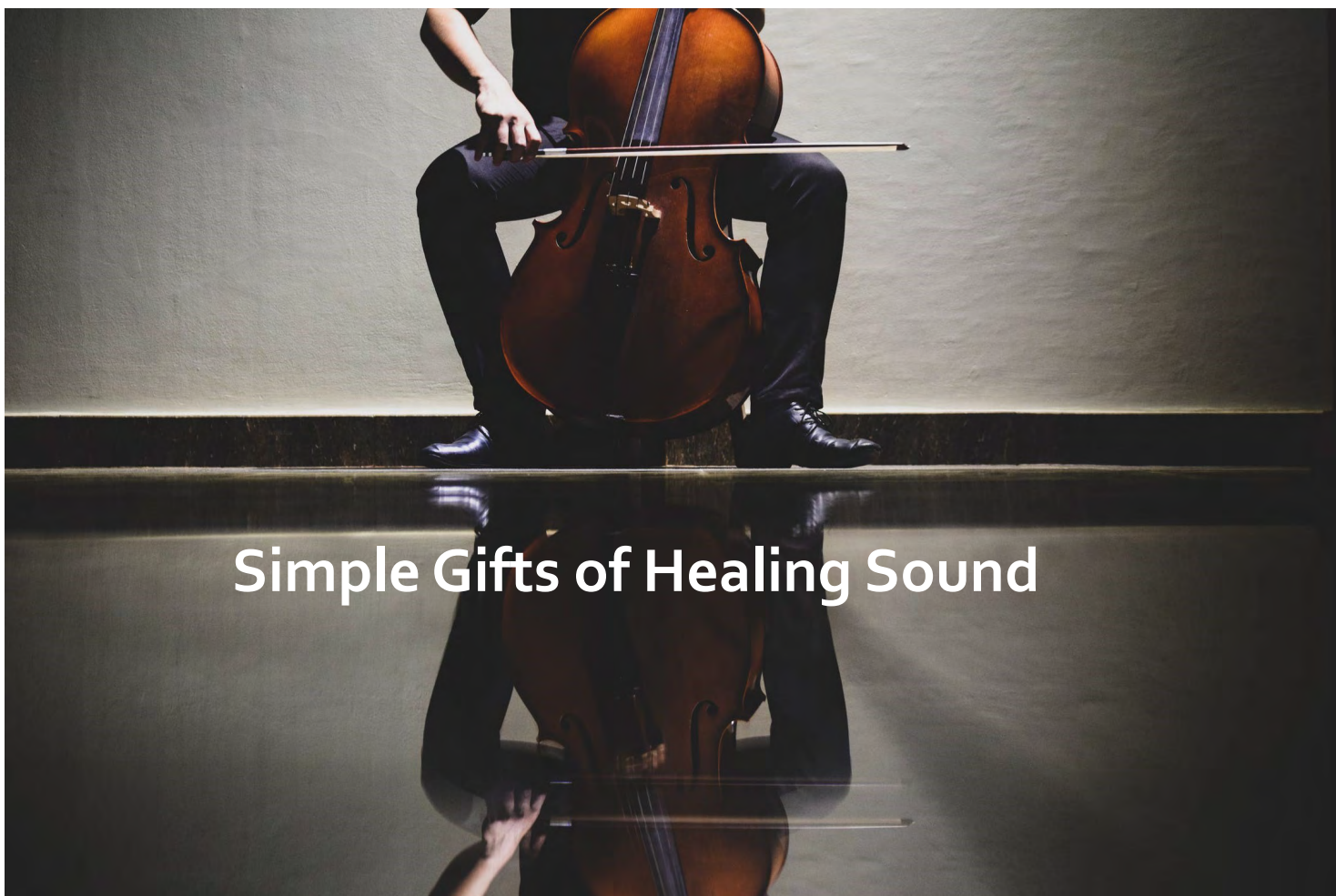
Self Clearing: Fear vs Bravery

By Anne Jensen

Fear is one of the most debilitating feelings we experience. It stops us in our tracks, it prevents us from taking risks, it limits us in so very many ways. However, Fear evolved from a survival instinct, and ironically, in today's world, we run into very few (none?) truly life-threatening dangers in our daily lives. Yet the prevalence of anxiety disorders continues to rise. I've heard said that bravery is feeling afraid but doing it anyway. What if Fear didn't stop us anymore? (Common sense may, but not Fear!) This week let's explore take the stress off of Fear so we can start living again!

The Clearings

First, look for the Feeling of Fear - and TRY to intensify it - as HIGH as you can. Rate its intensity on a 0-10 scale (0=no Fear, 10=most Fear ever!). Then clear using your HeartSpeak or HeartSpeak Lite process (or other kinesiology technique). Now this is the important bit: REPEAT until there is NO more Fear ("o"). Next, use your 4/6 Approaches, on the Issue "I am afraid!" and clear as indicated. Remember the 4/6 Approaches are: (1) Statement out loud, (2) Statement silently to yourself, (3) Consider..., (4) What if...? (5) The Feeling of..., and for #6, finally, mentally time travel to the next time in the future when you sense Fear signals within your mindbody... noticing any signs of stress. Then test for stress using MRT, and as usual, clear as indicated. After doing this weekly clearing, notice how much more space and ease exists in your life!



By Sylvia Marina

Recent Australian history knows... at the end of the grain harvest, farming families would clamber into the farm truck and hasten to the beach shack for rest and rejuvenation. The sound of the ocean was foreign in the far away dingo-call of the open country rural lands and people living in isolation as also those in urban know, a sea-change is good for the soul.

The role of sound in healing is obvious when we take our thoughts to the patter of the rain on the roof, the howling winds in the mountains and for me the joy of hearing the song of the skylark in the mountains in the southern alps of New Zealand. The song of the bellbird and tui and the early morning bird-song chorus awakening the day.

Throughout my 40+ year career I wish now as I write these words that I had recorded the hundreds of people in kinesiology session that have released grief related to sound and with sound either musically by instrument through the voice or remembered...people fully regain their strength of purpose, their wellness, spiritually, mentally, emotionally, physically...

To the human, prolonged absence of specific sound becomes a torture. We are wired for sound, the sounds in utero of our mothers pulsing body, and once emerged into the world of people the sound of the outside utero world... our own voice, the familiar sounds of childhood, the sounds that become a part of the structure of our life.

When devoid of familiar sounds we yearn. My professional background in Health Sciences left many gaps, it was a life skill that identified where I was called to specialise, opening doors to study Behavioural Sciences. Kinesiology gave me the skills to take those former studies to a deeper level.

Living away from the country of birth, when the emotional tank runs dry, when you feel an inner emptiness...what is it that people are yearning?

I discovered underlying patterns...

In search of spirituality people leave the church

- They miss the singing
- They miss the interaction the voices of the parishioners
- The space between church and seeking silence for many is an emotionally deafening experience.

People merging into retirement

- Missing the stimulation of debate and purposeful conversation
- Corporate people missing the white noise of the office
- Dreaming for the day of retirement, discovering silence is lonely

Grief. Empty nest, the empty chair, the empty bed, empty places in your life...

- Space is deafening

Homesickness

- The sound of the sibling voices, nagging voice of mother, grumbles of father

Muscle monitoring will direct you to the type of music, specific key and artist – you don't have to know it all, your client will direct you.

And at home, my husband David is a musician and when he broke his wrist the first two and three weeks aware of pain – as the pain subsided I noticed in conversation we were again speaking of his cello and the way the sound resonates through the chakra system when he plays the instrument - muscle monitoring I checked for which cello suite he was yearning for – it was the cello art of Yo Yo Ma with the magnificent voice of Alison Krauss.

<https://youtu.be/fYigVr8bHJY>

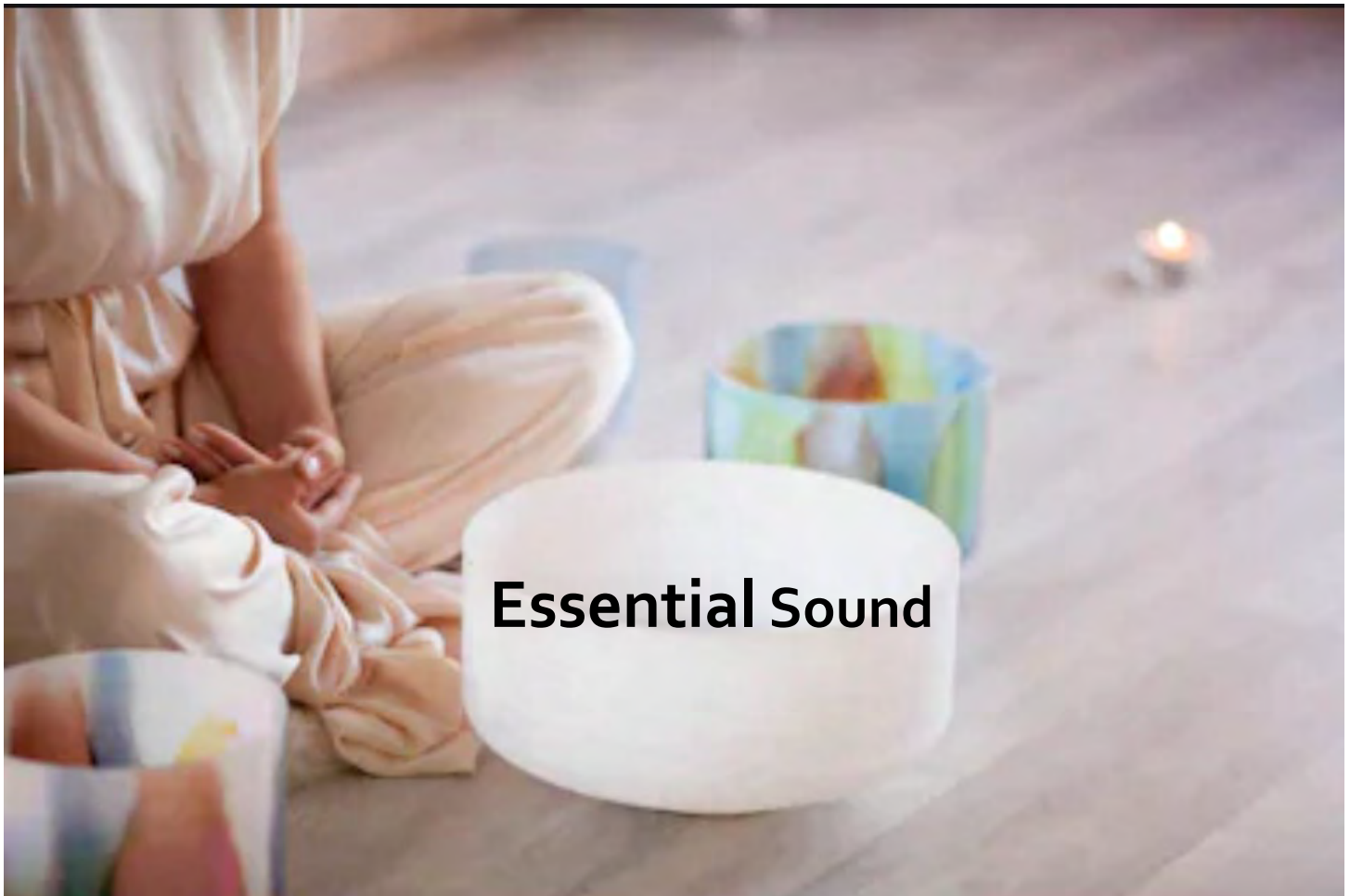
With the cello of Yo Yo Ma I checked which specific key for healing of David's wrist. It was all ... cello played Simple Gifts by Yo Yo Ma and the voice of Alison Krauss absolutely exquisite!

Muscle monitoring will direct you to the type of music, specific key and artist – you don't have to know it all, your client will direct you.

Countless clients have been sent home with homework. To find a soft pillow and dream of their mother's breast to lean on and to hear the sound of her young voice with the aging voice of herself the grandmother; this, dear friends, is reminiscent of the power of sound in healing.

*Sylvia Marina is our kinesiology elder, mentor, speaker and author of Transforming DNA Memories and Return To Love returning you to your Path of Love and Wisdom. <https://SylviaMarina.com>
E: info@sylviamarina.com*

www.sylviamarina.com/calendar
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By Alexis Costello

Flower essences and homeopathics have a long history of use in holistic health.

Here I have an opportunity to chat with Evelyn Mulders about the philosophy behind her sound essences, what inspired them and why they work. We begin the conversation with me remembering playing with the first incarnation of Evelyn's meridian sound essences about 15 years ago...

"The essences you're talking about were little vials with drops in them," she says. "We were using the sound essence at that time like a flower essence. You would use a couple of drops and mix and blend things for your clients to take home; you would take a couple of drops under the tongue sublingually. But Sound Essence has grown up

quite a bit and it is now in a mister bottle so it's easy for people to use.

"(When this began) I was studying in the forest in the Shushwap and taking an herbal workshop at the time; and it wasn't formal, most of my studying was done in a hammock. I had a camera around my neck and a notepad. The teacher would talk about an herb and I would go take a picture and record it and I was studying the herbs in that way. This woman was brilliant in the field of energy medicine and one evening she gathered about 50 of us and asked if we'd like to participate in a vibrational healing session. She brought in a crystal bowl player. This would have been in 1998. I wasn't sure what to expect, but we just sat and listened to this crystal bowl player and while she played I could feel every cell in my body shifting... and I knew on that

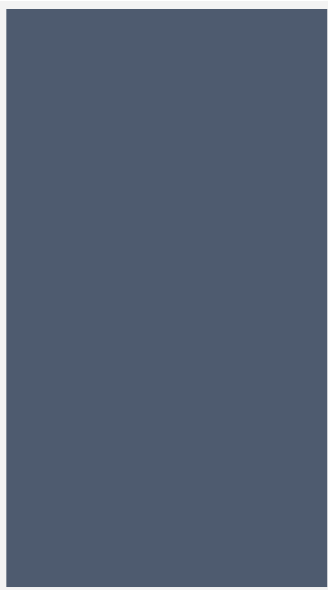
day that I would be completely different than when I had arrived.

"I told my teacher, 'I just felt so fantastic last night – can you infuse sound into matter?' and she said, 'I don't know Evelyn, that's obviously your job not mine.' And that's how it started."

Evelyn ended up using various tools that we are familiar with in the kinesiology world to infuse the vibration of the sound into the water, including crystal bowls and tuning forks. She then feels that she is guided as to the other ingredients that go into a specific essence and it can take 2 or 3 years to understand why a specific formula had to be that way. This is because the essences do not only carry the vibration of sound, there are other components too; including colour, aromatherapy, herbs, sacred geometry, positive affirmations and gemstones.

While there are different components that go along with each of the energetic systems, I found myself wondering if the way that the sound is imparted to the essence is different depending on the energetic system it is designed for. Evelyn says that it is, in fact, different, and she isn't always sure which direction things are going, she just finds that her "hands are busy" and then

she sits back to see what has happened. "I knew that the meridian essences were going to be made with tuning forks, so I went to my friend in Vancouver who had some; we programmed the water and I brought them home. And I kept hearing the words 'herbs, herbs, herbs,' but I wasn't sure if I was putting the essences in an herbal tincture or what was going to happen. One of my students called early one morning and he said, 'I had a dream last night and I'm meant to tell you, '2C'.' I asked, 'Do you have any idea what it means?' he said, 'I have no clue, but when the time comes, you'll know.' At my clinic one day the receptionist says, 'Today is the day. You have to make the meridian essences today.'" Evelyn relates that she figured it wouldn't work that day – there simply wasn't time in the schedule. But she somehow found the time to squeeze it in anyway between students and clients. While making the essences she realized that '2C' meant a homeopathic formula. Evelyn tried to send staff to the store to pick up the various herbs and homeopathics required, but the receptionist refused saying, "You have to make them."



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"By the end of that day I had 28 herbs formulating overlooking the back deck towards Okanagan Lake," Evelyn says. She realized that evening while her students were gathered outside that it was the first lunar eclipse of the 21st century. All those herbs were exposed to this perfect alchemy of formulation. It evolved from there with essences supporting the different energetic systems in the body.

"When I take the meridian essences to Touch for Health conferences or a class – they just switch on the meridians so fast! And it's because the herbs have a direct communication to the organs and glands of the meridian system and then the tuning fork looks after the part of the meridian that's just above us. The meridians are the interface between the physical and the energetic so the combination of those two ingredients really work well for the meridian essences." In these essences, the tuning forks are really speaking to the etheric layer of the body and not to the physical.

"The body is looking for all kinds of vibrations from 15hz right to 1000hz, so if it's missing one of the links and you can offer it; it will just take it in... If you're offering a healing vibration that it needs, it's going to want to have a drink of that and feed itself."

Evelyn's book *The Essence of Sound* is a little encyclopedia working from the meridians out to the auric layers. There are now essences to work with the different dimensions of healing:

Meridians – Physical

Chakras – Emotional

Auric fields – Mental

Archangel - Spiritual

With over 30 years of energetic healing studies and practice, Evelyn Mulders is the Founder and Principal of the Kinesiology College of Canada f since 2001. Senior Faculty for the International College of Professional Kinesiology Practice teaching a four-year energy medicine certification program.



A certified Touch for Health Instructor registered with the Canadian Association of Specialized Kinesiology since 1996. Evelyn operates a healing clinic, and is a published author of workshop manuals and supportive materials, as well as two books: "The Essence of Sound" and "Western Herbs for Eastern Meridians and Five Element Theory". Creator of energetic balancing tools called "Sound Essence", Evelyn distributes her products, and offers workshops internationally.

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By Marco Rado

As many other Kinesiologists, I came to Kinesiology through a personal health issue. When I was 19, I severely broke 5 vertebrae and I risked remaining quadriplegic for the rest of my life. But luckily I recovered perfectly. In 1995, at an International Kinesiology Conference I saw Richard D. Utt, the founder of the branch of kinesiology called Applied Physiology (AP), doing a demonstration on Charles Krebs, who suffered a spastic paralysis. Charles had a visible improvement after only 20 minutes of work! I immediately fell in love with Applied Physiology and with the tools Richard used during that demonstration: the *AP 14 Meridians Tuning Forks*.

In Applied Physiology we use sound as one of the primary corrections and we use it on almost

everything: on chakras, meridians, figure 8, reflexes, directly on organs and muscles, while people are thinking to their emotional issues or repeating their goal, and so on.

After I completed my professional training in Applied Physiology in 1999, I started to work a lot on people with neurological problems, and many of them had spinal injuries, like mine. I was applying all my kinesiological knowledge, but back at that time there were no specific classes or procedures to work on the spine and the spinal cord. So I started to put together my own ideas and I created a workshop that today is called "Spine Physiology". I also started to study osteopathy as a way to better understand how to work on the spine. In osteopathy there is a huge amount of valuable knowledge and understanding of the human body and its connections.

But the attitude is much more mechanical with little consideration for the energetic and holistic aspects in comparison to Kinesiology.

So each time I was studying some information, a technique or a procedure, I was trying to figure out how to perform it in an energetic and kinesiological way. I could find alternative approaches for many osteopathic techniques, especially for working with big joints like knee or shoulder where the Muscle-Meridian-Organ relationship is very effective. But most difficult was finding a different way of manipulating the spine, especially because typical osteopathic or chiropractic manipulations on my clients with spine and spinal cord injuries were not at all easy and sometimes very dangerous.

But then, on my pathway of integrating osteopathy with kinesiology, I started to integrate another branch of knowledge that I have extensively studied: Traditional Chinese Medicine (TCM).

In TCM there is a concept very similar to the Triangle of Health called "*The Three Treasures*". The Three Treasures represent three different ways through which Energy can manifest in the Universe: *Qi*, the dynamic and fluid state; *Jing*, the dense and static state; and *Shen*, the subtle immaterial state.

Qi is the energy that flows in our meridians. Jing condensates in our bones and Shen are our emotions that flows in our blood. To balance each of this energies we need a different approach. Qi is resonant to Electromagnetic Fields. Shen is resonant to Light. Jing is resonant to.... SOUND.

Yes! So, if Jing was resonant to Sound, then it means that also Bones were resonant to Sound! I started, to experiment using Sound directly on vertebrae. Wow, that was very effective. I could really see the vertebrae move, exactly like if I had manipulated it. In Osteopathy, instead of calling what they do to manipulate, they call it to *thrust*. So I called my technique *the SOUNDTHRUST Technique*.

What makes this technique effective is the Resonance phenomena: when one object is vibrating at the same natural frequency of a second object, it forces that second object into vibrational motion. I think you all have seen a video of a opera singer that, while singing a very acute note, can break a crystal glass with his/her voice. First the glass starts to vibrate, and then, when the vibration gets higher than the glass's elasticity, it breaks up. Another typical experiment about resonance is when two Tuning Forks with the same natural frequency are placed one next the other. The first one is hit with a rubber hammer, to make it vibrate, and after few seconds the second one will start to vibrate aswell.

A Tuning Fork doesn't produce only one frequency, but it produces many frequencies at the same time, the so called Armonic Overtones. The 14 Tuning Forks, with all their armonics, gives us a huge rage of possible frequencies to play with. One we find the right Tuning Forks, then we can bring the vertebra in resonance, and make it vibrate.

I presented my Soundthrust Technique the very first time in 2003. It was a kind of baptism of fire, because I was just a little bit more than a simple student, and that was a special event. That year we organized a surprise party for Richard Utt and we gave him a Lifetime Achievement Award. Doctors gave him 3 months to live (but he lived other 8 years) and we wanted to acknowledge his great contribution to kinesiology. We did a sort of mini conference, where some of the participants shared with the others some of their ideas. It was a huge honor for me to be one of the presenters because some of the greatest Kinesiologists were in that room. Not only Richard Utt and Charles Krebs (the two people that made me fall in love with AP and the Tuning Forks) were there, but also John Thie and Sheldon Deal, two of the originators of Applied Kinesiology and both chiropractors that used to manipulate vertebrae!



Sheldon Deal, Marco Rado and John Thie, 2003

Luckily enough, John and Sheldon enjoyed my technique a lot.

I started to teach the Soundthrust technique as part of the "Spine Physiology" workshop since 2005. Since then I have had many osteopaths and chiropractors participating in this class and the most common comment is "it seems like magic that you can thrust/manipulate a vertebra without even touching it!" In this 14 years I have trained hundreds of kinesiologists to do magical tricks through the power of Sound. <http://www.centrophysis.it>

See Soundthrust protocol for practitioners on the following page!

Fondatore dell'Istituto Physis insieme a sua moglie Monica Angelillo, ha iniziato ad occuparsi di Kinesiologia 25 anni fa, studiando in Italia diversi approcci, per poi specializzarsi in Germania e negli Stati Uniti in Applied Physiology, diventando un Istruttore (Master) ed introducendo in Italia questo approccio. Insieme con sua moglie, Monica Angelillo, è l'unico istruttore autorizzato di Applied Physiology in Italia. Negli ultimi 10 anni ha sviluppato diversi corsi propri, che prendono il nome di Integrative Physiology (Fisiologia Integrata) che insegna in Italia, Australia, Germania, Spagna, Svizzera, Sud Africa e Russia.

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Soundthrust Procedure

- Find the specific vertebra to Balance. You can find it through Circuit Localization, Formatting, palpation or based on X Rays results.
- Each vertebra is able to move in all 3 planes of space (as stated by Harrison Fryette DO, in his Laws of Vertebral Physiology), and can have 6 movements: Flexion, Extension, Rotation (right and left) and Side Bending (right and left).
- Put two fingers underneath the vertebral spine and push upward. Test an Indicator Muscle. If this causes an Indicator Change, then there is Flexion imbalance.
- Put two fingers above the vertebral spine and push downward. Test an Indicator Muscle. If this causes an Indicator Change, then there is Extension imbalance.
- Put two fingers on the left side of the vertebral spine and push toward the right. Test an Indicator Muscle. If this causes an Indicator Change, then there is Left Rotation imbalance.
- Put two fingers on the right side of the vertebral spine and push toward the left. Test an Indicator Muscle. If this causes an Indicator Change, then there is Right Rotation imbalance.
- Grab the vertebral spine with two fingers and do a clockwise rotation. Test an Indicator Muscle. If this causes an Indicator Change, then there is Right Side Bending imbalance.
- Grab the vertebral spine with two fingers and do a counter clockwise rotation. Test an Indicator Muscle. If this causes an Indicator Change, then there is Left Side Bending imbalance.
- Pause Lock the Indicator change.
- Test the 14 Alarm Points. The one that gives you a priority Indicator Change will tell you which one of the 14 Tuning Forks to use.
- Play the Tuning Fork and point it toward the vertebra. Remember, a Tuning Fork is not a Jedi sword: sound doesn't come straight out of the Tuning Forks, but it comes out laterally to Tuning Fork.
- Wait few seconds, so the vertebra can get in resonance with the Tuning Fork.
- Move the Tuning Fork very slowly in the opposite direction of that one that has caused the Indicator Change.
- Pause Lock the movement and then test how many time you have to repeat the movement.
- Usually it's from 3 to 8 times.
- Re-Test the vertebra.

About the cover art: “Jellyfish Abstract”, by Andy Thomas

I found Andy's art while looking for pictures representing sound. He creates works of art that visually display the feelings of nature sounds and the results are beautiful. Below is the description of his work from his website:

Over the last two decades Andy Thomas has developed an iconic visual language that is uniquely his own. Using a combination of digital technology and water colours, Thomas' work is a symbolic representation of nature's collision with technology. Inspired by the beauty of nature and extensive travel to some of the world's most ancient rainforests, Thomas fuses together images of flora and fauna into evolved abstract forms. Intricately layered compositions of plants and animals make a strong statement of technology's impact on planet earth and how advancements in society are affecting the natural systems of life. In recent years Thomas has begun to experiment with digital audio software, initiating a new branch of his practice. This new series of animated video installations visually represent the voices of nature and create an eerie environment of sound and light. Through this new path of artistic investigation Thomas once again finds a way to create works in which nature and technology combine.

[Visit his website to see the videos, or buy prints: andythomas.com.au](http://andythomas.com.au)



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5 Reasons why I'm Afraid of the Keto Diet

By Lia Kilgour

Okay, I'm not afraid of the keto diet like I'm afraid of the boogiemán. I'm afraid of what it might do to people. Specifically, the health repercussions after you go off keto. In that way, I'm TERRIFIED of the keto diet. Full stop.

I've been a nutritionist for over 10 years and many fad diets have come and gone. Some have been fine, some I've rolled my eyes at, but this one really worries me.

REALLY worries me.

But, until now, I haven't found the need to actually write this down. I've always been happy to voice my opinion on this diet when asked, but I've kept my strong two cents out of the blogosphere. Until now.

I'm breaking my silence after WAY too many people have asked me about the keto diet because they assume it's healthy. And they assume it's healthy because everyone is singing its praises. Everywhere I turn there's another article or video about how to become keto. Health food stores all have big displays of keto food and shelf-talkers pointing out the keto-friendly food. They're doing this because it's popular. Because it sells products. And because videos, articles, books about the keto diet are really good click-bait.

[\(What is the keto diet?\)](#)

This IS the right diet for some people. It's a medicinal diet that can be very beneficial for certain conditions. But, it's not right for everyone... actually, it's probably not right for most people.

I'm frustrated that the perils of the keto diet have been missing so far. The list of cons to balance with the pros that everyone needs to know about before they choose this diet.

So many articles, videos, and memes make keto look like a miraculous diet that's perfect for everyone, and that's simply not true.

We all need to walk into something new with our eyes wide open. We all need to know what's great about something new, but also what might be wrong with it. We all need an opportunity to weigh both sides of the issue and choose for ourselves what is right for us.

And no one seems to be talking about the issues with keto. And there are so so so many. THIS is why I'm afraid of the keto diet.

Terrified actually.

If you want to know more about the medicinal uses of the ketogenic diet, click [here](#), [here](#), and [here](#).

Now onto the problems with the keto diet:

1. The Keto Diet is nutritionally poor unless done with absolute precision –

I'm a BIG fan of healthy fat. If you were to spend a day with me, you'd watch me slather organic butter, avocado, coconut oil, and other healthy fats all over my food.

In my nutrition practice, I've spent years encouraging people to enjoy more healthy fat for their body to feel great. It helps balance the immune system, it helps produce hormones, and helps each cell work properly. Oh, and it also makes your skin glow.

But, there's a big difference between eating more fat and eating the 70 – 80% fat diet needed on the keto diet.

While fat has TONS of benefits, it doesn't contain a lot of nutrients like vitamins, minerals, and antioxidants. It also doesn't have any fibre for your good gut bacteria to munch on.

You also have to keep your protein intake low, and that can lead to the [loss of lean muscle mass](#) (an important factor for your metabolism).

Can you have a nutritionally balanced keto diet? Absolutely.

But it's SUPER tricky and you need help from a nutritionist who's trained in the keto diet (not someone who just sells keto supplements). The training is important, and for the record, I'm NOT one of those nutritionists.

2. It can mess with hormones, especially with women's hormones –

Drastically reducing carbs is a stress on the body. Period. Our body needs fat, protein, AND carbs. It's human biology* (see note below).

So, when someone reduces their carb intake as low as you need to for ketosis, this raises our stress hormone cortisol. High cortisol levels can increase our blood sugar, cause insulin resistance, can trigger inflammation, and trigger weight GAIN.

This will affect both men and women, but it seems that women's bodies are more susceptible to this. Plus, the keto diet can mess with women's sex hormones too.

Women NEED carbs to create and balance their hormones. Without enough carbs in our diet, we can feel changes in our serotonin (our feel-good neurotransmitter), progesterone, and insulin.

This can cause mood issues, fertility issues, estrogen & testosterone imbalances, and blood sugar issues. Oh, and weight gain too.

If you're a woman on the keto diet and you've quickly plateaued with your weight loss, you might find that a more balanced approach is better for your body. There is one exception though. The keto diet might help women who are dealing with the very difficult to treat condition, [PCOS](#). It might bring your hormone imbalances under control...or at least that what it seems to be helpful with.

3. It lowers the diversity of your microbiome –

The health of your body overall = the health and strength of your microbiome (otherwise known as your gut bacteria).

[In 2015 I recorded a TEDx talk](#) on how our gut bacteria influence our brain chemistry. Currently, all of the research points to a rich and diverse microbiome (like a rainforest) for our brain health, immune balance, and our metabolism. Research from [the American Gut Project](#) backed this up.

Today, there's more and more research connecting our overall health to our microbiome and to create the diversity we need requires lots of plant-based fibre.

Lots of veggies, fruit, beans, nuts, and seeds. Something the keto diet is sadly lacking in.

Researchers have looked at how a high-fat diet affects the microbiome, and they found that the gut bacteria shifts [after just 6-months in ways that could negatively affect their health](#).

They also found an overgrowth of bacteria that has been connected to Type II Diabetes and less inflammation regulation in the gut.

Keto-inspired constipation or diarrhea are pretty common symptoms, but the change to our microbiome may be a long-term and more serious consequence.

4. No cheat day allowed (it messes with your heart) –

Most diets allow for real-life. Like a dinner out or a BBQ at a friend's house. Most diets allow you to have a bit of fun and still reap the health benefits of whatever diet you're on.

But, not keto. No cheat days allowed.

First, to stay in ketosis, you need to follow the strict fat/protein/carb guidelines perfectly. Otherwise, you fall out of ketosis and it'll take 4 or more days to get back.

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All of the benefits of this diet are when your body shifts into ketosis and starts to burn ketones instead of glucose. [Throughout time our body has primarily used glucose for fuel and uses ketosis only when necessary \(temporary starvation\).](#)

And since our body likes to live in balance, it will shift back to its preferred fuel source the moment it's available (ie, enough glucose in the blood). Diet-induced ketosis is a newish concept, created as a medicinal diet for epilepsy in the 1920s.

The trouble is, falling out of ketosis is more than just a temporary annoyance, it can cause serious health issues.

[This study out of UBCO](#) followed young healthy men and found that 1 cheat day after 6



days in ketosis can cause cardiovascular problems in healthy young men. That's not a group that's considered prone to cardiovascular issues...so this study is pretty significant.

But, it was a small study and a larger study needs to be created, but it does point to a previously unknown issue for an on-again-off-again keto diet.

5. Most people on the keto diet aren't actually in ketosis -

This is one of the most unfortunate truths...it's very hard to get into and stay in ketosis. And many people I've met are only "kinda doing" keto.

That may work for every other diet out there, but keto is special. To be in ketosis you must manage your macros PERFECTLY. There's no kinda. No treats. No splurges.

I have met a few people who are rocking keto. But not many. And I get it, the keto diet is HARD! I don't blame anyone for struggling with the perfection of it.

But there's a big problem with only kinda doing keto. There are repercussions for being on a nutrient-poor, cortisol spiking diet...but without the benefits of ketosis.

And a "kinda keto" diet is also very energy heavy, and for many, it can cause weight gain.

These are just some of my main worries with the keto diet, but there are more. Like the hair loss, bad breath, and possible kidney issues.

The most important thing to keep in mind with the ketogenic diet is that it's a medicinal diet, meant to help with difficult-to-treat conditions like epilepsy and other neurological conditions. For these conditions, the benefits may absolutely outweigh the concerns.

If you've read all of this and still want to try keto, go for it! You know exactly what you're getting yourself into, now it's time to try it. I would suggest seeking out a trained keto-expert to make


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sure you're doing it properly (again, that's not me, I'm not trained in it).

Also, run it by your doctor first and make sure it would be good for you. Some conditions can be affected negatively by the keto diet, so it's important to make sure your doctor gives their thumbs up.

But, if you're just looking for a quick weight-loss solution, might I recommend something else less dramatic? There are SO many other options for weight loss.

Might I suggest Conscious Eating? It's super effective. If you'd like something specific to follow, the Paleo or Pagan Diet is much more forgiving and nutrient-dense. If you'd like some support to find a new option, I've very happy to help.

If you've read this and are now questioning if this is good for you, please don't be disheartened. It wasn't my intention to cause you any more stress or created more confusion.

I just want you to walk into this diet/lifestyle change with your eyes wide open. If it still feels right to you, go for it!!

Note from #2 -

** Pretending that human biology doesn't exist or that we've discovered a new truth to human biology is a hallmark of a fad diet. And, at least so far, we've been dead wrong. Remember the low/no fat diet of the 1980s? It caused a spike in obesity and heart disease rates that was an unexpected shock to all of the low-fat diet experts. We don't fully know yet what shunning carbs will do to our overall health.*

Lisa Kilgour is a Registered Holistic Nutritionist (R.H.N.) and a sought after speaker, educator and writer who specializes in helping people heal from diverse and complex health issues.

Find her at www.lisakilgour.com



By Ruth Generke

Hi! We're Scott and Ruth Generke and we are both Kinesiologists! Scott works with humans and I (Ruth) work with animals. About 3 months ago we sold our house and everything in it, bought a camper, packed up four fur kids and hit the road.

You may be wondering why anyone would do that. Well, we knew we needed to find a new place to set down roots but we were not sure where and exploring other parts of the US in an RV just made sense. Many people asked how we would supplement our income while on the road and the answer was always "We will do Kinesiology of course!".

Let me tell you, that was easier said than done. It never occurred to us that our lack of a national or global presence would pose the challenge that it has. Also, the fact that we aren't spending more than a couple of days or weeks in any given location poses yet another challenge. Regardless of those challenges it hasn't stopped us from sharing this wonderful modality whenever the opportunity presents itself.

The approach we now take is to listen for potential needs and we offer to fill those needs. Funny, most people think we are on vacation and don't want us to interrupt it with work, but when we finally convince them that this is no vacation they usually agree to a balance.

Here are a couple of our most fun balances so far.

While camping in Saint Isabel National Forest, in Salida Colorado we had friends come visit from Georgia that happened to be vacationing in the area. The friend had struggled with foot pain for years and he agreed to a balance and experienced relief. That night he was at dinner with his son and struck up a conversation with a gentleman who had struggled with elbow pain for many years. Our friend told this gentleman about his balance and the next evening this gentleman was at our campsite in the middle of the forest getting balanced for his elbow pain! He was thrilled to get relief!

While camping just outside Glacier National Park in Montana, we met up with some old and new friends who were camping in the area. The new friends have a 12-year dog who was going in to have a tooth extracted. Because of her age her parents were concerned about how she would do so they agreed to have her balanced. We balanced the day before her surgery and the day after. Her parents felt she bounced back from surgery a lot quicker than she would have without her balances. They also had the peace of mind going into surgery that she was already starting on the right foot.

We love what we do because we can do it from anywhere so no matter where you are, we can work together to find the balance you need.



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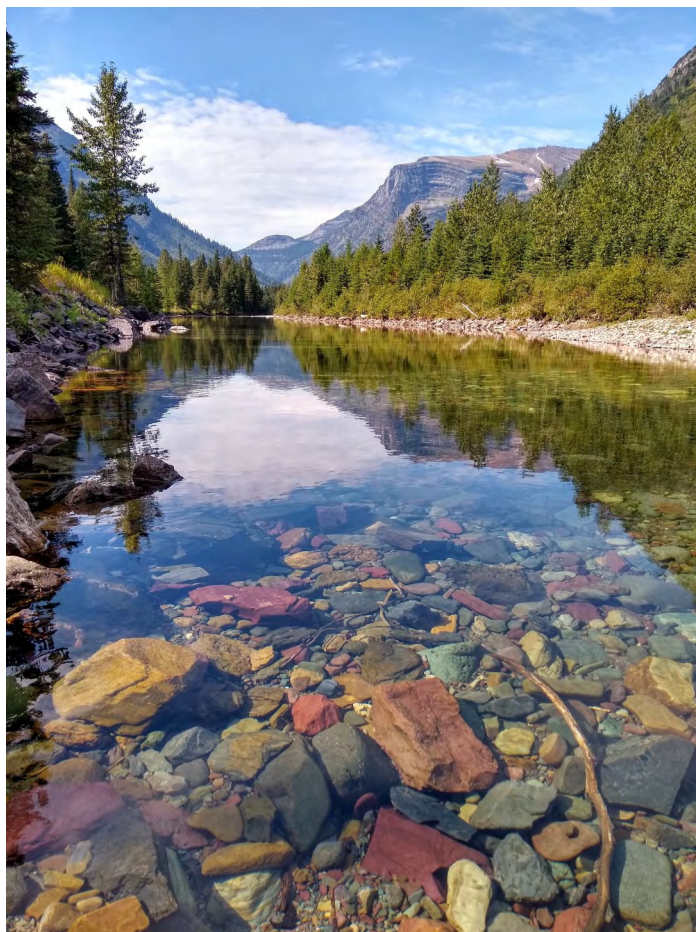
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Earth: Singing



Touch for Health Sound Balance

Chart your pattern of over and under-energy meridians and find the priority correction in the usual way. Make the sound the is indicated for the priority meridian.

Fire: Laughing

Earth: Singing

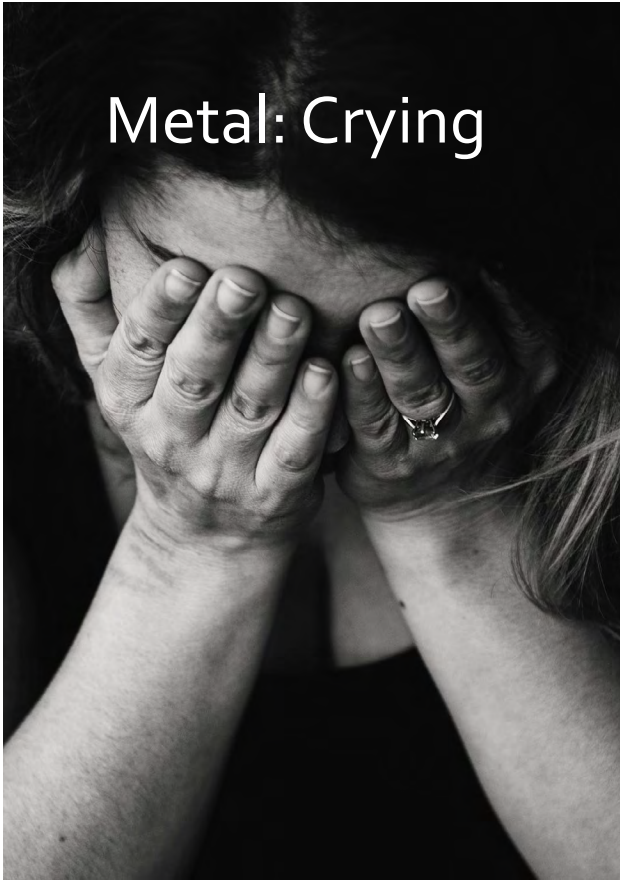
Metal: Crying/deep sighing

Water: Groaning

Wood: Shouting

Think about what these sounds represent in your life. Are there sounds you dislike making or refuse to make? Are there sounds you find yourself making all the time?

Metal: Crying



Wood: Shouting



It can be very powerful to combine the sounds with the emotions involved. While sound balances can be uncomfortable for many people, they are often extremely profound.

Even if you don't do Touch for Health, you can incorporate these sounds into your life for more 5-element balance.

Fire: Laughing



Classifieds

Class listings for individual countries

Australia: <http://www.kinesiology.org.au/page-1712619>

Canada: <http://canask.org/class-listings-2/>

Denmark: <http://kinesiologiuddannelse.dk/kursuskalender/>

Ireland: <http://www.kai.ie/kinesiology-training-in-ireland>

UK: <http://www.kinesiologyfederation.co.uk/training/course-diary-search.php>

USA: <http://touchforhealth.us/classes/classes-by-state/>

USA: <http://energyk.org/training-events/>

The world needs more Touch for Health!

Proficiency and Instructor Training: Jan. 9-20, 2020 Costa Rica

happy@alexiscostello.com for details

Upcoming SIPS classes

There are classes coming up in Canada, the US and Europe – visit the website to find courses near you.

<http://www.sipskinesiology.com>

IKC Balancathon: September 28, 11am-1pm in your timezone

IKC Conference: October 19-21, Bali, Indonesia

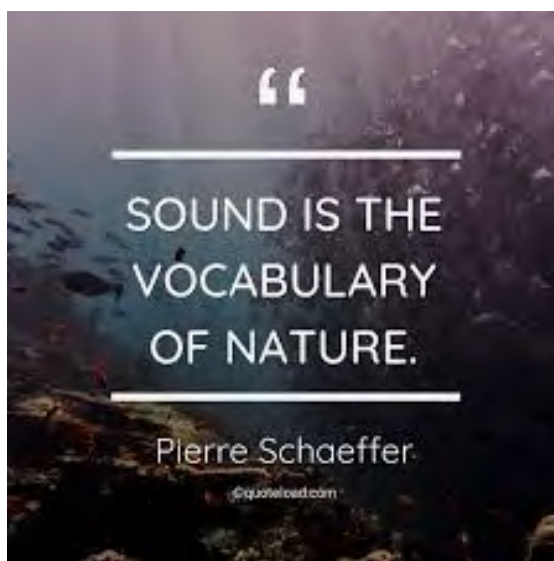
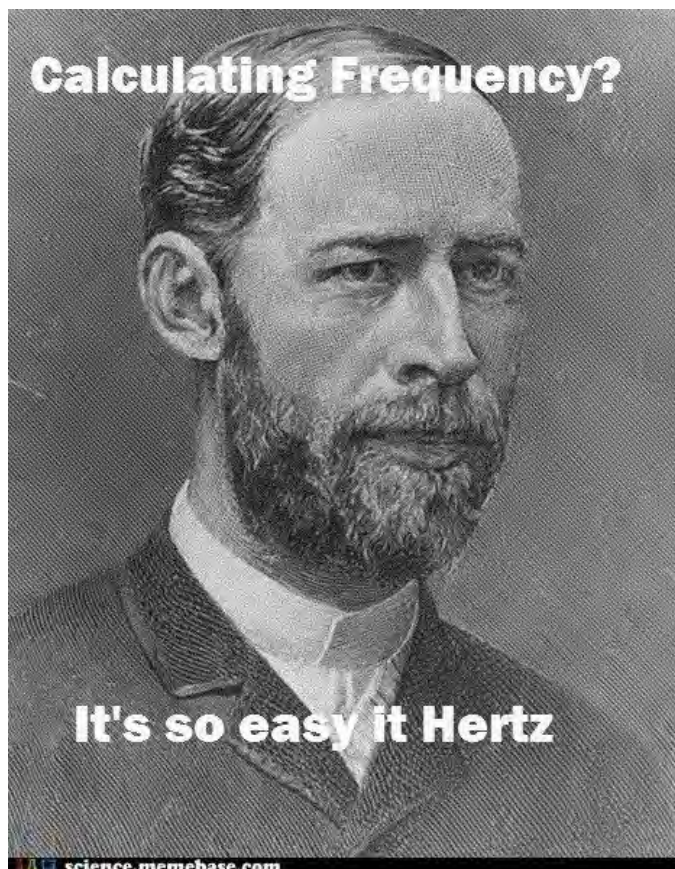
GEMS Post-conference workshop with possibilities for Instructor Training following the IKC Conference

This section is a work in progress!

If you are a kinesiology association and would like to have your events (conferences, demo days, etc) mentioned, please email us. There are far too many classes internationally for us to list them all, but please send a link to the page on your website that shows upcoming classes and we will add it here.

If you would like to advertise your conference, presentation or post-conference workshop, please contact us for details.



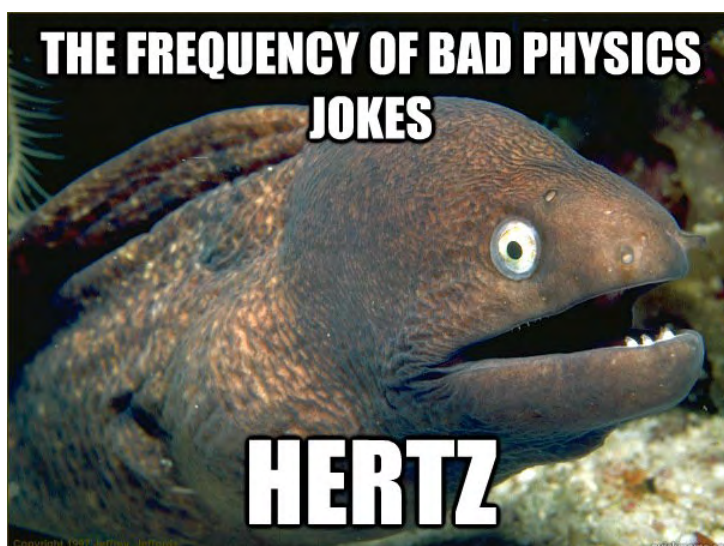


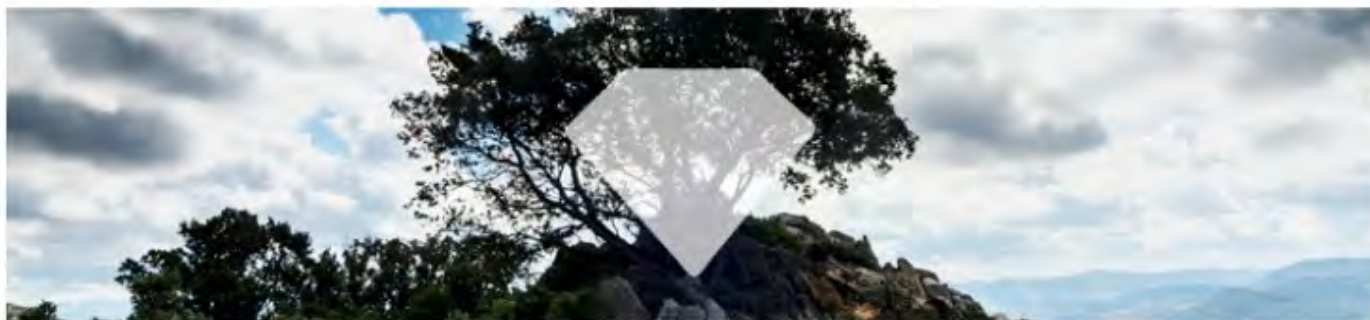
Because health should be fun!

What happens when you punch sound?

It megahertz.

C, E-flat, and G walk into a bar. The bartender shows them the door and says, "Sorry, we don't serve minors."





Are you ready to put it all together in a new way?

"This is the next best step for people who have finished the Touch for Health synthesis of classes and want to feel like the system is all clicking together when they offer a session. GEMS Flow allows you to work confidently with ALL the TFH material." - DC, BC, Canada

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GEMS Flow and Instructor Training



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