

Kinergetics Optimum Support

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Abstract: The Optimum Support technique is taught in Kinergetics Level 7. It facilitates and supports greater depth of access to imbalances, and therefore greater depth of correction. Inherent in this technique is the Kinergetics system of hydration. Optimum Support can be used when the Indicator Muscle response is no longer indicating that there is anything out of balance when the body is challenged in relation to a specific aspect. It is used for any specific aspect: - structural, glandular, emotional, muscular, hydration, light bodies, chakras, or a format.

The **Optimum Support technique** can be used for:

- Something the client wishes to work on, but the Indicator response is showing there is no Imbalance.
- Something that you as a practitioner can see is out of balance, but the IM response does not indicate any imbalance.
- Something that you have worked on, and the IM response indicates that there is now no imbalance to work on.

Sometimes the body does not indicate an existing imbalance if:

- There is insufficient **hydration, energy, nutrition or elimination** necessary for the integration of further or deeper rebalancing of energy.
- It is unable to keep functioning at a safe level in relation to its available **hydration, energy, nutrition and elimination** resources.

The Optimum Support technique:

- Enables you to achieve a greater depth of balance on anything that you specify.

- Enables this increased depth of balance through gaining an IM response when none seems to be available.
- Achieves this greater depth of access through both energetically and physically supporting the body, so that it can safely indicate its imbalance and provide access to deeper levels of information. .

By giving support in all aspects as the body indicates the need, the body may then be sufficiently physically and energetically supported, to accept a deeper rebalancing.

Part of the structure of Kinergetics, including the Optimum Support technique, is to actively keep the body hydrated throughout a circuit and in between circuits. This is accomplished by energetically balancing the main Riddler Points in their relationship to the body's electrolyte balance, distribution and assimilation, and by using formatting to gain access to areas of imbalance in relation to hydration, dehydration and water. Deep access to body information can then occur, and the body can efficiently re-hydrate after energy pathways are re-opened.

**The Kinergetics
Optimum Support Process**

1. PRETESTS Complete your Pretests.

**2. No IM change on
Specific Imbalance** You have reached a point in your balancing, where the IM is not Indicating an Imbalance on the Specific Aspect you are working with or want to start working with.

For example:

"Access 100% Priority Survival on All Levels and Dimensions" - No IM change.

3. SUPPORT Correct the Support Access to give the body the support it needs to be sufficiently balanced physically to be able to support and give access to the next level of imbalance of your Specific Aspect of Imbalance.

Correct the SUPPORT ACCESS to enable the IM to indicate an Imbalance.

An IM change on Hydration, Energy, Nutrition or Elimination signifies the type of Correction required to support the body to then be able to access and show the Specified Imbalance.

SUPPORT ACCESS

Verbally Challenge this SUPPORT ACCESS for your Specified Imbalance.

"To enable maximum (Specified Imbalance) exposure, access optimum support to maximise hydration, energy, nutrition and elimination."

Note the IM change - Hydration, Energy, Nutrition or Elimination.

4. SUPPORT CORRECTION The body has chosen the type of physical support it needs to enable it to be balanced sufficiently to indicate greater depth of a Specific Imbalance.

Hydration Hydration - Scan Hydration Scan List.
Your preferred correction.

Energy Energy - Your preferred Energetic Correction.

Nutrition Nutrition - Scan Riddler Points.
Balance relevant Point.

Elimination Elimination - Test bottom third of Tensor Fascia Lata -
Lymphatics. Rub firmly bilaterally.

5. ACCESS SPECIFIC IMBALANCE After the Support Correction the body should be able to indicate an Imbalance for your Specified Imbalance.

Verbally Challenge:

"Access 100% (*Specified Imbalance*) on All Levels and Dimensions."

STACK the IM change. If the IM does not change, the body might need another Support Correction. Repeat Step 4.

For example, Challenge:

"Access 100% *Priority Survival* on All Levels and Dimensions." *STACK as IM changes.*

You have now gained deeper access to your Specified Imbalance (*Priority Survival on All Levels and Dimensions (ALD)*) enabling you to Correct it.

6. CORRECT SPECIFIED IMBALANCE Correct Specified Imbalance that you are now holding in Circuit – Use your preferred Correction.

For Example:

Correct "*Access 100% Priority Survival on ALD.*"

7. RE-TEST SPECIFIED IMBALANCE Re-Test the Specified Imbalance.
For Example:

"*Access 100% Priority Survival on ALD*"

If the IM changes - Correct the Specified Imbalance again –
Repeat Step 6.

If the IM does not change -

Repeat the Support Access and Correction again.

Repeat Step 7 until there is no IM change at Step 3.

HYDRATION

Within the structure of Kinergetics balances, and especially when we are aiming for deep access of information, the techniques used to keep the client's hydration balanced throughout each circuit are:

- Energetically balancing the main Riddler Points relating to the Electrolytes.
- Sending energy through the palm of the hands into the client's kidneys.
- Correcting the Hydration Scan List.
- Verbally challenging "Water," "Hydration" and "Dehydration."

These Hydration techniques:

Electrolyte Correction for Water:

A simplified version of one of the Kinergetic's Procedures for maintaining optimum Hydration.

1. Verbally Challenge

"Water, Nutrition Minerals"
Hold this in Circuit.

The body will now access these Points in their relation to electrolyte balance only.

2. Check these Riddler Points.

An IM change indicates an imbalance.

Left Cheek

Accesses **Sodium** Imbalance

Right Cheek

Accesses **Potassium** Imbalance

Throat and Clavicle

Accesses **Trace Minerals, Calcium, or Iodine** Imbalance

Navel

Accesses **Magnesium or Manganese** Imbalance

3. Correction

Send energy into the Point that caused the IM to change.

Send energy with the palm of your hand into the Point that caused the IM to change – until the IM indicates the Correction is complete.

4. Re-Test all Points.

Correct, as above, all Points that cause the IM to change. Correct one at a time.

"Water, Nutrition Minerals" must be held in circuit for each Correction, identifying electrolytes as the area being balanced.

Special Note: After presenting at 16 conferences in five countries I have demonstrated many aspects of Hydration and TMJ. For a change I have decided to present some of the more advanced Kinergetics. The Optimum Support Correction is an unusual concept and is aimed at more advanced Kinesiologists. If you have questions about the technique please email me at philip@kinergetics.com.au.

For more understanding of the power of Kinergetics Hydration visit our website www.kinergetics.com.au. This website has 15 testimonials under the heading HYDRATION/ WATER, as well as hundreds of general testimonials that hydration would have played some part in.

The Message from Water

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Words, words, words!!! We communicate questions, feelings, and answers BUT, did you know words not only affect us as human beings, they also affect inanimate objects as well? We are going to explore the affects that words, music, prayer and pictures have on water. The connection between all of this is that our bodies are 75% water and our brains our 85% water. (Ref: *Your Body's Many Cries For Water* by F. Batmanghelidj, M.D.). Water is very sensitive to frequencies and changes easily and quickly. Because our bodies contain so much water, our very type of existence is affected by our thoughts and speaking patterns.

The words we use everyday affect the frequency of everyone around us and our own bodies. Even the words we use when we have a thought or a feeling go through our mind has an effect on us and on the other people around us.

Raymond Holliwell said in his book, *Working With The Law*,

"Our thoughts travel 930,000 times faster than the sound of our voice. No other force or power in the universe yet known is as great or as quick. It is a proven fact that the mind is a battery force, the greatest of any known element."

When you think of a force that travels 930,000 times faster than the sound of a voice speaking, is it any wonder that when you walk into a room or stand next to someone you get a feeling from them. It is time to look and see the effect the words are having on the water, because all words have a frequency to

them whether they are spoken, thought or read. There are words which resonant at high frequencies while other words resonant at low frequencies. Some words seem to make us feel confused or even shattered while others take us to new heights and make us feel whole and complete.

When we change a word or two, possibly adding a word or rephrasing a phrase the change in a response from another person or within a person is amazing. This also needs to be considered in our thought patterns because these patterns affect us greatly. If we start out dreading a situation that might happen, we have already put ourselves in a low frequency. On the other hand if we believe we are going to be in a good situation, we have automatically put ourselves at a higher frequency which gives us more energy and attracts positive things to us.

The effect music, prayer and pictures have on water is amazing. Just by putting water on a picture of a smiling girl, water will create a beautiful crystal. Also when we pray it may raise the frequency of our body 10-15 Mghz. Listening to positive music may help our bodies to heal or create a healthier state.

All these things tell what type of people we are because we carry a frequency around with us. When we walk into a room we can change the frequency to a higher one or lower it. As my mother has often said, "There are some people you are happy to see come and there are some people you are happy to see go". By becoming more aware of how words, music, prayer and pictures affect us we are more capable of creating a positive frequency for ourselves and others around us.

**You tell on yourself by the friends you seek,
By the very manner in which you speak,
By the way you employ your leisure time,
By the use you make of dollar and dime.
You tell what you are by the things you wear,
By the spirit in which your burdens bear,
By the kind of things at which you laugh,
By the records you play on the phonograph.
You tell what you are by the way you walk,
By the things of which you delight to talk,
By the manner in which you bear defeat,
By so simple a thing as how you eat.
By the books you choose from the well-filled shelf;
In these ways and more, you tell on yourself.
So there's really no particle of sense
In an effort to keep up false pretense.**

Author Unknown