

SELF-EMPOWERMENT IN THE HEALING PROCESS:
AN EXPLORATION OF ENERGY KINESIOLOGY TECHNIQUES TO
ENHANCE PERSONAL DECISION-MAKING AND PROVIDE TOOLS
FOR MAINTAINING WELLNESS AND HEALTH

By Michelle B Waines Greenwell

A Thesis

Submitted to the Faculty of

Akamai University

In partial fulfillment of the requirements
For the degree of

MASTER OF SCIENCE: ENERGY KINESIOLOGY

In

COMPLEMENTARY AND ALTERNATIVE MEDICINE

February 2019

Approved:

Date:

Dr. Mary Jo Bulbrook, Chair

February 10, 2019

Dr. Robert Maldonado

February 10, 2019

**© Michelle B Waines Greenwell 2019
ALL RIGHTS RESERVED**

SELF-EMPOWERMENT IN THE HEALING PROCESS:
AN EXPLORATION OF ENERGY KINESIOLOGY TECHNIQUES TO
ENHANCE PERSONAL DECISION-MAKING AND PROVIDE TOOLS
FOR MAINTAINING WELLNESS AND HEALTH

Michelle B Waines Greenwell, MS
Akamai University, 2019

ABSTRACT

Self-empowerment is an approach to personal health care that promotes the investment of personal time and energy with tools to optimize health and wellness for directed self-care. Qi YINtegration is an Energy Kinesiology program currently being taught by the researcher to students in a group setting who are interested in learning self-care tools and being empowered to assist their health and wellness needs. The conversations involved in this program shift the responsibility for health, recovery and choices from an external source of wellness achievement (i.e. doctor, physiotherapist, massage therapist, healer), to an integrated approach embracing an internal source of personal experience and skill building to support wellness and identify when additional medical assistance is required.

The focus of this research project was to provide selected tools for everyday living found in the program. 1. A whole-person approach to health based on body, mind and spirit aspects. 2. Muscle testing to identify the needs of the autonomic nervous system to determine a choice for action. 3. Injury Recall Technique to stimulate the Vagus Nerve System to reset musculoskeletal, psychological or emotional imbalance prior to physical or movement interventions. 4. Breath and basic movement patterns used in such classes as Tai Chi and Touch for Health to support the energy flow of the 5 Element system identified in Tradition Chinese Medicine. 5. Goal Setting to set priorities or vision and identify directions of growth and discovery for the person. Retrospective, qualitative interviews with former students produced diverse levels of conversation across the 9 interviews, with identifiable phrases of significance from each participant. Specific tools were identified for assistance and use, as well as additional specific insights identified by each interview. Overall, the tools proved to be helpful in each case, with one specific insight that was overlooked, the opportunity to learn with a group and be part of a group dynamic. Further research can expand this profound insight.

BIOGRAPHICAL SKETCH

Poor health and injury through dance were a way of life for Michelle B Waines Greenwell when she was growing up. Spending many occasions in the hospital with pneumonia and bronchitis, she was asthmatic and highly allergic to foods, animals, molds, and the outdoors. She loved dance and enjoyed the ability to be active and express herself. Injury to her knees at the age of 16 had a specialist tell her to stop dancing – there was no other alternative. Michelle was not prepared to take this advice, but she also had no way of determining how to fix the situation. Her first degree was a Bachelor of Arts in Psychology with an interest in philosophy and children in sports. She pursued a career teaching dance, married, began a family and continued to push through her pain and injuries while dancing. In her late 30's she discovered Touch for Health and found the tools that would be able to sustain her and support others with challenges in dance training. She began Tai Chi at this time and quickly felt the difference of the techniques in her body. With almost two decades of study in Alternative and Complementary Methods, (CAM), Michelle is not afraid to try, play

and rebuild protocols to suit her needs. Her classroom has always been a chance to apply techniques to make things better for others. Her decision to pursue further academic studies would support her determination to bring the CAM tools to others in a simple and productive way for immediate results.

Since beginning her studies at Akamai University Michelle has completed a post graduate diploma in CAM, published three books, released numerous videos on her techniques, presented at conferences for science, tai chi, dance and healing arts, and expanded her programs for dance and Tai Chi. Her techniques are well received and have had feedback from people of all walks of life from walking age to older seniors. Her determination to see her own learning be shared with others is evident in the way she approaches her teaching and classes. Collaborative classes with the needs of the student coming foremost to the curriculum has kept things current and focused for students and their personal results. The development of her approach with Qi YINtegration provided her with a platform for sharing a combination of all her talents. Observation of movement over four decades of teaching has provided invaluable experience at realizing potential and inspiring change in students.

Award achievements while working on the Master's program have included a Gold Medal Award from The International Society for the Study of Subtle Energy and Energy Medicine for Emerging Scientists at the 24th ISSSEEM Conference, and a Bronze Medal from the Living Now Book Awards in the United States for her publication of "My Little Black Book of Qi: Qi YINtegration Set 1," which also included 11 videos.

Michelle is now centered on: supporting CAM research in Canada for other practitioners in Touch for Health and similar healing modalities; creating a documentary of her dance year (2018-2019) which was completely infused with Touch for Health techniques in her choreography, warm-ups and exercises; creating a video series with Tai Chi techniques for seniors and individuals with health challenges like knee and hip replacements, loss of mobility, recovery from surgery, using the stairs easily, and learning how to gain energy and vitality through simple movement; and, raising public awareness about self-empowerment techniques that require "no effort" and support changes in behavior and patterns. Her long-term goal is to have more people engaged in helping others to achieve self-empowerment in health and wellbeing, and a doctoral degree to inspire more knowledge.

DEDICATION

This thesis is dedicated to all the students, family members, colleagues and mentors who have continued to support and nurture my ambition of finding better ways for every person to heal their own body and find wellness in all that they do. It is through their patience, perseverance, questions, feedback, guidance, exploration, dedication and compassion that I have been able to continue to strive for more knowledge, more techniques, more learning and greater outcomes for all. From the bottom of my heart, this thesis is about you and for you.

ACKNOWLEDGEMENTS

An undertaking such as this project would not be possible without the direct expertise of those in the know. I wish to acknowledge the incredible inspiration, wisdom and guidance of Dr. Mary Jo Bulbrook, Dr. Melinda Connors, Dr. Robert Maldonado, Dr. Douglass Capogrossi, Dr. Mats Melin, Natascha Polomski, Cherry Whitaker, Doug Waines, Yvonne Waines, Heather Cornell, Evelyn Mulders, Denise Cambiotti, Adam Lehman, Greg Webb, Rhonda Gillrie, Irene Widdup and my students who have guided the whole project. Thank you also to Dr. Jenece Gerber for assistance to edit and format the paper – her dedication to detail has provided the final pieces of importance. Deepest gratitude to my family who has endured years of exploration in the dance studio as well as through personal injury and health recovery when required, especially my children MacKenzie and Michellie, and my sister Charlene. My husband, David Greenwell, has been my rock and sounding board from the beginning and none of this would have been possible without his enduring love for seeing me succeed, and for providing me the space and time to do so.

TABLE OF CONTENTS

Biographical sketch	iii
Dedication	vi
Acknowledgements	vii
Table of Contents	viii
Chapter	
1: Background to the Exploration	1
A. Western Medicine and Structural Kinesiology vs. Energy Kinesiology	1
B. Physiotherapy with Muscle Testing	6
C. Current Resources for the Public	7
D. Releasing Old Patterns and Beliefs	11
E. Personal Self-Empowerment	18
F. Tai Chi 7 Wellness Initiatives	23
G. Qi YINtegration as a Self-Empowerment Paradigm in Health Care	25
H. Intention Healing	28
I. Quantum Mechanics and How They Work	32
J. Individual vs. Group Participation	35
2: Research Initiatives	41
A. Purpose of the Study with Research Question, Hypothesis and Aims	41
B. Program Outline	43
C. Methodology	45
D. Participants	46
E. Treatment of Data	49

F. Role of Researcher	50
G. Ethical Considerations	52
3: Analysis of the Data	53
A. Predominant Phrases from Learning the Use of Muscle Testing	54
B. The Use of Muscle Testing	57
C. The Use of Injury Recall Technique	62
D. Movement Options Chosen	66
E. Realization of Self-Empowerment	69
F. Relationships with the Medical Model	73
G. Emotional Shifts	77
H. Sharing of Techniques with Others	79
4: Developing Insights from the Research	81
A. Self-Empowerment and its Role in Everyday Life	83
B. The Importance of Trust	85
C. Perspective from the Inside Looking Out	86
D. Perspective from the Outside Looking In	87
E. The Value of Belonging to a Group vs. Private use of the Techniques	88
F. Future Implications from this Research	90
5: Conclusion	92
Appendices	94
A: Glossary of Terms	94
B: Frequency Identification by Bruce Tainio	97
C: Scale of Consciousness.....	99
D: Qi YINtegration Set 1 Program	100
E: Information and Consent Letter	127
F: Long Consent Form	128
G: Consent Form Completed	132
H: Research with Human Subjects Application and Institutional Review Board Approval	133
J: Interview Notes for AB (Participant 1).....	135
K: Interview Notes for EG (Participant 2)	149

L: Interview Notes for RM (Participant 3).....	155
M: Interview Notes for RG (Participant 4).....	160
N: Interview Notes for SL (Participant 5).....	164
O: Interview Notes for IE (Participant 6).....	170
P: Interview Notes for DM (Participant 7)	187
Q: Interview Notes for NT (Participant 8)	189
R: Interview Notes for EM (Participant 9)	192
References	196

SELF-EMPOWERMENT IN THE HEALING PROCESS:
AN EXPLORATION OF ENERGY KINESIOLOGY TECHNIQUES TO
ENHANCE PERSONAL DECISION-MAKING AND PROVIDE TOOLS
FOR MAINTAINING WELLNESS AND HEALTH

CHAPTER 1: Background to the Exploration

A. Western Medicine and Structural Kinesiology vs. Energy

Kinesiology

The common western medical model approach to health analyzes structural and system function in the body to identify the physical source of pain and/or illness. In North America the general population identify with having a symptom, calling the General Practice Physician for an appointment, having an initial consult, being sent to a Specialist or having a test done to determine what is physiologically happening, and then being given a course of treatment that may include medication, physical or psychological therapy, rest, or a specific protocol based on current scientific research. There may be follow up after the protocol, or a recommendation that if the symptom has disappeared then there is no further care needed. On occasion it can be recommended that the *patient* “wait and see” if the symptoms change. Guidance to the *patient* comes from authority of those who have studied medicine and can make educated recommendations. If resolution to the challenge is not achieved there can

be a diagnosis of “chronic” attached to the condition, and patients receive recommendations to learn how to live with the condition, (Lorig, 2013, p. 2). Minimal effort is achieved by the patient to empower themselves with techniques and tools to use prior to diagnosis or after, and many people will wait for weeks for confirmation of diagnosis or to be given a diagnosis. The desire for a label can become a self-fulfilling prophecy.

Chronic pain sufferers and the elderly have long relied on this Newtonian Medical Model, whereby doctors view the body as a biological computer controlled by the brain and the central nervous system, (Gerber, 2001, p. 39). Ego-centric in its approach the patient releases health responsibility to the “educated” and believes that the power of health is not a part of their own living and action, but requires they search for comfort, relief and management of symptoms, to *appease* authority, *accept* and *endure*. (Lorig, 2013, p. 70), These programs may include:

- pain management through medication and relaxation techniques (breathing, meditation, music, yoga, Tai Chi)
- supportive devices (walkers, canes, railings, seat lifts, stair chairs) for declining movement
- nutrition guidance (food guides and portion control)

- physical activity (walking and targeted movement exercises for weak areas in the body, weights)

Research from this viewpoint idealizes the notion that pain, and decreasing health is expected and long term, and that recovery is centered around getting the patient to independent living: “self-efficacy was the strongest predictor of changes in physical self-worth and perceptions of physical condition”, (Awick EA, 2017).

Structural Kinesiology is a term being used for this document to differentiate between the University program of Kinesiology and the historical background of Kinesiology found in the Chiropractic realm of study, and later referred to as Applied Kinesiology. Structural Kinesiology studies the “physiological, biomechanical, and psychological mechanisms of movement,” with a combination of techniques that assess the structural integrity of the movement, the strength and flexibility of the motion, as well as the sport psychology influences as studied in the behavioral and cognitive sciences, (Wikipedia). Although there are many aspects of Structural Kinesiology that parallel with Energy Kinesiology, there is an amount of observation and experience that the Structural Kinesiologist will rely on to make their recommendations and set up their symptom prepared protocols. This subjective approach combined with their physical

assessment of the situation appears to embrace all aspects of body, mind and spirit as a full approach to care, but the subjective determination is only as valid as the knowledge obtained or discovered by the clinician. Missing from this approach is a special aspect of the Triangle of Health (Thie, 2005) which further investigates the status of the Meridians and the 5 Element system identified in Traditional Chinese Medicine. The assessment of the Meridians, (Primo Vascular System or Bonghan Channels as they are also known), provide autonomic awareness to the status of body, mind and spirit including the open flow of Qi. “If Qi is intelligent metabolism, the Acupuncture points are the embryological organizing centers and the channels are the fascial planes which connect these,”(Keown, 2014, p. 79). A focused Kinesiology example might be: “exercise interventions may improve balance ability without associated increases in balance confidence and vice versa,” (Cyarto EV, 2008). Through Muscle Biofeedback and a wider scope of integrated knowledge about the body and its systems, access to different levels of information for emotion, spirit, nutrition, energy building and more can be accessed and integrated, (Thie, 2005). This assessment of the free flow of the Meridian and Elements provides more information about muscles and their corresponding tissue, as well as the

current status of the systems, and can create a different picture of the root cause of the symptom, rather than attention directed to the symptom itself.

Energy Kinesiology brings the electrical system into focus and uses Muscle Testing or Muscle Biofeedback to identify the flow of the Qi through the meridians and the integrity of the relationship between the Meridians and the 5 Elements. In Touch for Health at least one muscle from each meridian would be tested to affirm the status of the organ system linked to the meridian. Other energy modalities would use an indicator muscle to provide other information about brain integration, applied physiology, nutrition, emotions and more. Together these modalities offer a different understanding of the initial nature of the complaint with information provided by the body through the muscle testing. "When we leave energy out of our bio-medicine we miss a vast amount of our healing potential," (Oschman, 2017a). More importantly, "when we ignore energy we miss 99% of reality. In fact, what can you comprehend about anything without energetics?" (Oschman, 2017b). American brain researcher, Dr. Charles Krebs, offers a scientific explanation for the value of these techniques. Energy Kinesiology provides information on muscle functioning through energy shifting: "Reticular nuclei of the brainstem control the muscle tone, sets the muscular reflex in the body – whether the

muscle locks or unlocks.” Emotions affect the neurons which affect the muscles in a similar descending fashion as “output from the emotional center in the limbic system of the brain stem go to the reticular nuclei, emotion affects neuron affects muscle...nothing mystical” (Krebs, 2017). Setting the stage for self-care, this muscle biofeedback opportunity creates a new method for personal assessment, making choices and altering behavior contributing to health challenges.

B. Physiotherapy with Muscle Testing

Movement is at the center of the physiotherapists practice. Referrals to physiotherapy are based on the function and capacity of the individual to move within their daily needs and beyond, (Cook, 2014). The physiotherapist can muscle test the strength and the endurance of a muscle or series of muscles at different angles for the same muscle group to gain a physical understanding of the action the muscle takes through movement. Treatment protocols guide the patient into new movement options that will support reduced pain and increased strength. The current trend of diagnosis is moving away from pathoanatomy which is the study of the anatomical challenges experienced by the individual, like a rotator cuff injury or a torn knee ligament. The shift is to pathokinesiology, “we are not treating the

anatomy, we are treating the underlying movement dysfunction,” (Sahrmann, 2014).

This new level of discussion amongst physical therapists is extending the body to be a more comprehensive muscle system, with inclusion of the nervous system and the skeletal system. The identification that the nervous system is involved creates a link to muscle biofeedback, as described previously by Charles Krebs. The inclusion of the endocrine, cardiovascular and pulmonary systems are at the grassroots level to strong muscular function is also promising for a more encompassing understanding of the system for whole body movement and its success or failure for the individual’s experience. The insights and advancement of the profession of physiotherapy by Sahrmann’s insights have the potential to link dialogue with Energy Kinesiologists to create a cooperation in techniques for the advancement of the human condition. These advancements may be seen in other medical models as well and begin to open dialogue about the Human Biofield.

C. Current Resources for the Public

In *Living a Healthy Life with Chronic Conditions: for Ongoing Physical and Mental Health Conditions*, a guide distributed in both the

United States and Canada for chronic pain sufferers with the need for "self-management of Heart Disease, Arthritis, Diabetes, Depression, Asthma, Bronchitis, Emphysema and Other Physical and Mental Health Conditions," (Lorig, 2013), there are several strong assumptions identified and that remain prevalent in labeling and holding on to the idea that chronic pain is forever. For example, when referring to emotions and mental thoughts, "although thoughts and emotions do not directly cause our chronic conditions, they can influence our symptoms," (Lorig, 2013, p. 69). This minimalist approach does not acknowledge the significant impact that emotions, experiences and mental thoughts have on the tissue in which it resides, (Lehman, 2013). Applied Kinesiologist, and the initial creator of Injury Recall Technique, Walter Schmidt identified that pain is not a sensation, but is an emotion, and this emotion is registered in the limbic system, (Schmitt W. H., 2002). Further, research has shown that there can be "extreme negative emotional responses experienced many months after the injury; a strong physical link between the emotional and physical aspects of health; participant reluctance to seek emotional support; a lack of emotional support provision by the health service and a subsequent need for individual and group support in order to develop resilience in the injured person," (T. Wiseman, 2016). The use of Injury Recall Technique

in this exploration will support this lack of emotional understanding in many health and wellness models.

Words that are often used with Chronic conditions are “management of symptoms,” “attitude cannot cure chronic illness,” “maintaining a healthy lifestyle,” “adapting,” “sorting out serious signals from minor temporary symptoms that can be ignored,” (Lorig, 2013, pp. 5-11). Many of the latest studies still rely on these concepts when forming their study parameters. For example, “Mindfulness based approaches can be very helpful in managing chronic pain, particularly considering the role of hypervigilance and emotional reactivity in the genesis of chronic pain,” (Hassad, 2013). Or, identifying that there is only a structural or physical benefit to movement that could be linked to mental or emotional skill building and that there is not a deeper means by which healing might be achieved: “In addition, therapies that utilize physical movement such as yoga or tai chi, also rely on training attention or producing mental relaxation and could be described as both physical and mind-body techniques,” (Hassad, 2013). In this case “mind-body techniques” are limiting in scope not reaching beyond psychological or behavioral emotional shifts. “As a form of physical exercise, Tai Chi enhances cardiovascular fitness, muscular strength, balance, and physical function. It

also appears to be associated with reduced stress, anxiety, and depression, as well as improved quality of life,” (Wang, 2012). Exploration of the energy components of Tai Chi and its relations to the nervous system, endocrine system and more will be explored to provide a wider view of the impact of this form of exercise on the whole body.

In the Energy Kinesiology modalities there is an opportunity for new skill building and expertise for personal knowing. This approach introduces enabling personal power and capabilities to make changes. Whereas medical approaches keep the experts close at hand through such phrases as: “With proper instruction and support, psychological interventions can improve pain management outcomes.” Or, “psychological approaches can be incorporated into conventional treatment methods, but require special training and support,” (Linton, 2011). Also, even with significant results, there are still conclusions drawn that create limiting factors. For example, with Fibromyalgia patients using Tai Ji Quan improving widespread pain, reducing fatigue, decreasing psychological disorders and sleep disturbances, plus reducing disability and improving quality of life, the final conclusion in the study declared the limitation for presentation of Tai Chi to students: “In FMS patients TJQ, *if performed by an expert physiotherapist*, should be regarded as an effective

rehabilitation method, (Bongi, 2016).” This continues the standing belief that you must be in the presence of a master to improve, it cannot be because of your own effort, observation and insight.

D. Releasing Old Patterns and Beliefs

To illustrate the depth to which Self-Empowerment in Health may reach, it is interesting to look at where movement capacity and function may first begin to morph. Through muscle biofeedback and client history the origin of a dysfunctional pattern can be identified and supported. For example, childbearing challenges, which were unidentified after the delivery of a baby, but which created a shift movement (Pirkle, 2014). The use of emotional release into the tissue, plus new whole-body movements can adjust the morph to function with a balance in strength and flexibility. Further, in areas identified as challenging in senior years, a proactive plan may change the results. For example, “with older age, with the exception of social and environmental areas, life quality got even worse in women, widows, illiterates, bedridden and those with medically diagnosed diseases...in fact, in cases where medically diagnosed diseases were present, quality of life in women that were dependent somehow in daily activities was worse,” (Arslantas D1, 2009), and also seen in physiotherapy

results, (Deutscher D, 2009). For this kind of research, it is important to note that such studies identify a change in movement patterns and development that can influence health and movement later in life, (Ahmed T, 2016), and expectations can create the results envisioned because the paradigm cannot be expanded with a personal reaction of knowing,

For those people requiring assistive devices by the age of 70, there was a trend towards dependency: “Physical impairments and functional limitations had a considerable impact on dependence in daily life activities as persons dependent in ADL, (activities of daily living), had lower maximal walking speed, grip strength, knee extensor strength, stair-climbing capacity and forward reach than those who were independent in ADL,” (Sonn, 1996). Perception of health and ability is linked to dependence, but also is linked to perceptions of what life and health was like before, in previous years. Their inability to differentiate loss of ability with age, injury, or use of devices creates misconceptions of wellness and overall health and the recognition of health may be distorted from these misperceptions. It is important to identify if seniors feel well but consider their declining mobility as a “result of aging”, or if their health plays a significant role in mobility. As we know from Touch for Health and muscle testing, if there is ailment in certain meridians and element systems,

the corresponding muscles can be challenged for optimal function. Once the flow of Qi has been established, the corresponding muscles can be re-activated to provide the strength and agility required for everyday skills. In addition, patterns of use can establish movement patterns that are not supportive to the individual for everyday success – reactive muscles, (Thie, 2005). How a chronically health challenged individual functions will be key to the success of their overall mobility capabilities. It has been noted that one third of the elderly population showed “discrepancies between their own assessment of their disability and objective assessments... [In fact], health was perceived in terms of what one could do rather than the presence of current diseases or conditions, (Partridge C, 1996). This perception distortion can create an imbalance in movement, in understanding how movement has changed and is not functional for optimal performance. An introduction to functional moving is paramount for changing distorted views, the use of aids for movement, and attitudes around health and daily living activities. “The results suggested that when planning treatment for elderly people, physiotherapists and others should consider individual variability in perceptions of disability and health, as well as objective assessments, (Partridge C, 1996).

Mobility shifts can result from simple injuries or aches and complaints, and over time these shifts can create an imbalance in muscle structure and use as well as complete movement patterns that functionally work to accomplish tasks, but structurally do not support the health and wellbeing of the individual. For example, when lower back pain strikes there is a tendency to rest, apply heat and limit mobility, or in the case of a sprain to apply the RICE technique, (van den Bekerom, 2012). However, when movement is attempted there will be a shift in the pattern of function for the lower back, the hip and the leg and/or the ankle muscles due to the injury. In assessing the role of the lumbar spine in bending forward, it was found that “the lumbar spine had a greater contribution to early forward bending, the lumbar spine and hips contributed almost equally to middle forward bending, and the hips had a greater contribution to late forward bending, (Esola, 1996). But, what was even more telling from this same research was the conclusion drawn by the researchers: “It may be desirable to teach patients with a history of low back pain to use more hip motion during early forward bending, and hamstring stretching may be helpful for encouraging earlier hip motion,” (Esola, 1996). This isolated movement approach has continued throughout the fitness and health industry. If there is a challenge, work to engage the large muscles groups in the area. A shift

of understanding from isolated movement and muscles to produce movement, to a whole-body approach to movement as found in Tai Chi can be beneficial and transformative for complete recovery. To address other areas of the body that might not be associate to the pain site directly from a structural perspective, but from a movement, mental or emotional perspective may be necessary and enlightening.

Depression and mood disorders can have many different aspects to them. When researching their impact on wellbeing, energy-building and movement capabilities there is a standstill that results when identifying depression or a mental block or an emotional experience. This is evident in the some of the recent research where they concluded that women with Fibromyalgia suffer from both depression and cognitive impairment, (Gelonch O G. M., 2017). Although it is helpful to identify that both challenges exist, it does not provide the sufferer with any pliable tool to change the challenges or improve the condition. Brain research related to Fibromyalgia pain in 2011 produced some interesting results: “We hypothesize that inhibition and pain perception rely on partially overlapping networks.” Further, in support of brain/body connections found through movement they also concluded: “...our results also indicate a certain (functional) plasticity in FM (as far as this can be concluded from

cross-sectional studies), i.e. the capability to either normalize brain activity or to recruit other brain regions to a higher extent, possibly compensating for neural resources less available elsewhere,” (Glass J, 2011). This opportunity for reorganizing and re-patterning is paramount to the research at hand. Psychoneuroimmunology is recognizing the “ancient wisdom of Chinese medicine...exploring the connection between psyche, the nervous system, and the immune system,” (Cohen, 1997, p. 224). Emotions play a significant role in how the body functions and the kinds of symptoms that exhibit themselves, emotion links to tissue, links to function, links to disharmony, links to causation, links to symptomology, (Cohen, 1997, p. 225).

Regarding sleep quality and sleep deprivation, it was discovered that pain challenges can be the result of poor sleep quality or sleep deprivation, but they may also be the symptom of the “descending pain-inhibition pathways that are the part of the pain perception programs,” with the hypothesis that sleep dysfunction may actually be a stimulus for such chronic diseases as fibromyalgia rather than the result of fibromyalgia, (Choy, 2015). As Tai Chi often assists with sleep challenges, the significant findings that Tai Chi can enhance in-depth sleep quality and

reduce disturbance, (Bongi, 2016), can be valuable in using the movements from Tai Chi for this discussion.

One significant aspect of choosing Tai Chi movements at a basic movement level is that there is a focus on the “Golden Pill” or the “Cauldron” of the Lower Dan Tien, (Chia, 2007, pp. 15-16). The initial movements found in Qi YINtegration begins to explore the expansion and contraction of movement in the lower abdomen where the storage of chi happens, (Loupos, 2005). Although the program in this study is a mere introduction to this idea, there is a paradigm shift for the general population who have grown up believing that exercise is about expending energy to burn off calories from diet and gain strength and flexibility in the process. The use of whole body movement in the movement patterns begins to create a realization that everything is connected including movement in the body, neuromuscular synergy, (Wayne, 2013, p. 113) and that it can be used to build energy and store it, (Chia, 1999, pp. 26-30). Further, when the Dan Tien is energized and strengthened there is a calming to the psoas muscle and its corresponding relationships within the hip, the spine and the breath that creates balance within the body. The exercises chosen for Qi YINtegration create the initial introduction to these feelings by sitting, standing, commencement, rotating the spine and breathing. The

introduction of “effort” and “no effort” also support learning about movement that is energizing but without effort, and movement that uses effort and uses energy to create the movement. These ideas are very different from the common thoughts on movement and expending energy to gain health. Lily Tomlin has been quoted as saying: “For fast-acting relief, try slowing down.” This supports the training principles of Tai Chi: “moderation in effort and active relaxation- are two flip sides of an important active ingredient that underlies many of Tai Chi’s therapeutic effects,” (Wayne, 2013, p. 48).

E. Personal Self-Empowerment

The development of the program forming a basis for this thesis are the result of many milestones in my own health and wellness over the years. At the age of 16 I had severe pain in my knees while trying to compete in Highland Dancing. Consulting with a knee specialist, I was advised that I would never be able to practice to the level of a competitive dancer and that I should give up dancing. This was clearly not an answer for someone so devoted to the art of dance. I continued with the pain and just learnt to live with it. Something that we all do – ignore the symptoms but continue the maladapted patterns of movement. After delivering two

healthy children I was hit with severe challenges with pain throughout my feet, the loss of my voice, depression, and weight gain. I attended several dance workshops to take in-depth notes on movement and to watch from the sidelines. It was during this time that I met Lynn Simonsen, a modern dancer in her 60's from New York. Lynn uttered the words: "I have the privilege of my injuries." I thought she was crazy. How could living in such pain be a privilege? She also talked about learning Touch for Health and providing all her dancers with the techniques so that they could perform to their very best. She had built a whole program for her dancers based on muscle testing. This would have been in the 1980's and 1990's. This would become a pivotal moment in my thinking about injuries and the lessons they have for us in our road to recovery, but also in our awareness and our desire for achievement. In later years when I realized that each pain was a barometer for signalling me to listen, to evaluate, and to change focus, I had a personal growth that resulted from embracing the physical, emotional or mental challenge and reaching for the tools that would release this signal and to point me in a new direction. And my story becomes a catalyst for those around me searching for the same truth for themselves, (Greenwell, 2012). With this realization becomes the catalyst for

collaborative sharing in an educational setting, with an openness for organic growth and companionship on the journey.

That early introduction to the words “Touch for Health” began my journey into “Alternative” approaches. Initially I found Greg Webb, an instructor and practitioner living close to me. I began to see him once a week for balancing sessions, and I began taking his Touch for Health courses in quick succession. I also started participating in Tai Chi classes to remove some of the tension in my body. With these approaches working together I began making strides in body, mind and spirit. I added Touch for Health into my own dance studio and shared techniques and insights with my students and parents. I was gaining strength and expertise with my own personal healing journey, I was providing my dancers tools they could use for themselves, and techniques for parents to use when the dancers needed more than they could provide for themselves.

The Feet First System was developed from my initial learnings to target the challenges in my feet. Working with the Gait reflexes, muscle spindle cells and joint release techniques, the system found a home in the studio as we could release pain from the feet and body, gain balance, grounding, centering and stability, increase our height and strength on jumps, support the ankle for turns, coordinate acrobatic moves, and bring a

group together by rubbing our feet together at the start of each class. Warm up routines could be reduced for redundancy and the amount of rehearsal required to bring the group together as a cohesive performing unit was eliminated. The system has been shared around the world and has dancers, athletes, laypeople and seniors using the techniques in many different countries for personal use and for group use. The development of this system was my first “leap” in the dance world into not following the established rules of dance. The linear path to technical development, and the mindless following of traditions that really did not make sense from a wellness model of movement began transforming. Injuries were no longer expected but identified and healed. The victim became the victor as dancers realized that they had control over their careers and development, and that injuries were no longer a dance death sentence.

As my injuries continued to unfold, the dance programs were expanded with the continued exploration of whole-body movement found in Tai Chi and shared to dance. All were linked with muscle testing and with the Touch for Health knowledge of meridians, muscles, elements, emotions and goals. My determination to find more for myself and my students led me to studying at Akamai University and bringing up the level of conversation to an acceptable means with research and insights from

experts in the field of Energy Medicine. The K.E.Y. to Health with Energy Medicine: Kinetic Energy YINtegration was formed, and became the umbrella for the Feet First System, Qi YINtegration, Dance YINtegration and the Heart of the Hand. It has been through the growth of my education over the last three years that I have been able to really look at what my students are saying and doing and following up with information and expertise to assist them with their own healing journeys. Across all programs, what has been key for everyone is the ability to use muscle biofeedback to determine where energy is added into the body and where it is taken away. This empowers everyone to make choices that are in their best interest and not just a guess or an *educated* guess. As well, the Set 1 program of Qi YINtegration was established to bring movement back to its most basic form for everyday use, and to introduce the idea of moving for ease, flow and energy building, (Greenwell, 2018). My health and welfare has been the result of the exploration of the techniques and their daily use, as well as the experience of my students and their families as they share the techniques forward. I can now agree with Lynn Simonsen in that I also have had the “privilege of my injuries,” and by listening to their message I have been able to grow and learn in a way that offers others with insight and tools as well.

F. Tai Chi 7 Wellness Initiatives

After almost two decades of teaching Tai Chi and Touch for Health, I discovered several elements underlying the discussions with my senior students and with my health challenged students. Several began to study Touch for Health formally, and this started changing the health conversation from aches and complaints to “what else can I do?” This concept was further enhanced when I realized that many students didn’t really understand their body and how it moved. Nor did they know how to change anything that was a challenge. For example, if they had a pain in their neck, they assumed that it was a problem with something they carried the day before and it injured them. This would require rest and limited movement until they felt better. They did not realize that perhaps it was the way they were currently carrying their neck to begin with and that by changing the unsupportive movement pattern they could improve their posture and eliminate neck pain when they lifted objects. Instead of rest, they needed to understand what movement pattern they needed and what would support them with proper posture. I began to formally develop a program called Qi YINtegration in 2015 that would begin to break down these components, but then also enhance the individuals understanding of the energy fields, the choices they were making and the direction they

could choose to go with their learning. Out of this developed a comprehensive program as a pilot project to include more details than Qi YINtegration included. “Tai Chi 7” was launched in 2017 with assessment tools and homework to begin to bring the whole program into the personal lives for self-discovery. This included questionnaires about sleep, stress, pain and movement; photo and video assessment of the movement and posture; the addition of Sound and Color as enhancement tools; and, a 5 Element Set choreographed based on the Ko cycle using the knowledge of the muscles, meridians and elements from Touch for Health material. Below is a list of the items I felt were most significant for discovery and learning.

- Whole Body movement patterning (sitting, standing, stairs, walking, spine rotation, breathing, no effort, gaits)
- Energy creation (awareness of energy level and how to create and store energy)
- Sound (vocalization to increase energy level)
- Color (visualization of colors to increase energy level)
- Injury Recall Technique (release of emotional blocks)
- Eating for energy building

- Muscle Testing, or Muscle Biofeedback for optimizing personal choices
- 5 Element Set (Water, Fire, Metal, Wood, Earth, Water, Fire) and their corresponding muscle involvement

The extent of this program in an enhanced version of this thesis project that has been reaching audiences and supporting students for over three years. In the current study we were able to focus on the basic components outlined for Qi YINtegration and reflect on the students and their successes and failures with the program. Their voluntary feedback provides direction for further exploration and conversation to continue the collaborative approach that all of my programs have embraced. The model of learning is collaborative and self-directed leading to self-empowerment.

G. Qi YINtegration as a Self-Empowerment Paradigm in Health Care

Based on several years of observing my students in Touch for Health, Tai Chi, Tai Chi 7 and Qi YINtegration, there has been a shift in attitude, skill level, interest and health. In order to expand the programs that I am able to offer my community, this thesis provides a mechanism to review the recent literature and research on health and wellbeing. By

engaging in a meaningful dialogue through the science of health, as well as the experience of health, this project will open up a way for communication to begin with the opportunity to enhance perspective with different models and philosophies of health care and self-care.

Specifically, the use of muscle monitoring is a self-empowering tool that has supported the thoughts of my students with possible courses of action. If there is a pain or a challenge they can use the muscle biofeedback to determine the place of origin, the actual physical location of the challenge, the kind of challenge (structural, chemical, emotional, mental, nutritional, and spiritual), the type of tool that will provide them with support, and the ability to determine how much of an activity is required before there is a shift in the symptomology they are experiencing. The freedom that comes from making a shift in the body where the pain disappears, or moves is very encouraging. Even more encouraging is when I giggle and say: “The pain has moved, that is delightful.” When it can be acknowledged that the tissue has had a shift in tension to remove the pain and that there is no structural damage, they are elated and free from feeling this is permanent. When it is further identified that the pain was blocked emotion, they learn to be less fearful of emotions and excited about how

emotions can be a marker for learning more about their body and their ability to handle stress induced physical ailments.

The addition of Injury Recall Technique, (Schmitt, 2002), to the program has provided an initial tool to release emotion and pain at the onset. It's increased development over the course of building the Qi YINtegration program, (Deal, 2015), has created an all- encompassing tool that works for many different aspects of the challenge to rectify the pain or tension that an experience has locked into the body. On many occasions this has been the only tool required, and it has been the first tool for which the body biofeedback's. Further exploration of the extension of this program outlines a tool that can complement many other tools used by the individual.

A combination approach with whole body movement from Tai Chi, (Loupos, 2005) and linking up muscles related to elements related to organ systems through the Touch for Health material, (Thie, 2005) has brought an increased awareness into realizing how muscles, movement and systems are all interrelated and influencing, (Kushi, 2007). The awareness produces a newfound freedom around moving to be healthy and pain free rather than restricting movement to keep from feeling the pain, (Lorig, 2013).

H. Intention and the Power to Heal

The power of intention plays a key role in the details of this thesis. The Newtonian Medical model introduces a thought process that existed for several centuries before the current century. That is, physical ailments are the result of a physical challenge that happens in an isolated situation in the body. For example, if you have a headache, then aspirin would assist with releasing the headache. There is a physical ailment and a chemical response to alleviate the ailment. What is not considered is all the possible aspects of physical connections that could produce the headache, nor any emotional motivators that may be a part of the day (i.e. stress, worry, anxiety, mood), chemical challenges (i.e. perfume, cleaning solutions, outside fumes, dehydration), or upcoming events that have become part of the consciousness. As well, is the consideration that a medical challenge requires a medical response to alleviate the challenge. The intention has already been set to address the ailment with a medical intervention based on the old paradigm.

The protocols found in the program being considered for this thesis reverse this thought process. The intention is set that with the aid of muscle testing the person has the ability to realize the kind of intervention the body might be looking for to alleviate a headache and that this power

within the self is able to solve the problem from a place of origin, (Klinghart, 2005). This intention that “all is possible” opens up the mind to choices and actions that are self-reliant and self-empowering, (Jensen, 2014). With time and experience this personal experience will gain confidence and knowledge that will support making new choices and support the empowerment, (Loupos, 2005, p. 9). The dynamics of intention is pertinent to the discussion for several reasons. First, we introduce the concepts of quantum physics to the person, with their intention and direction they can change outcomes and possibilities, (Stapp, 2011). Second, the way to look at a challenge can be from several different viewpoints. Sometimes the glasses we are wearing limit our perception and our vision. When we remove the glasses or turn around, we have the ability to see things from a different perspective, through a different lens, or with the aid of someone else’s view, (Kushi, 2007).

With the Intention Experiment’s by Lynn McTaggart she was able to prove that intention could change outcomes in a room, but also across miles and continents. Directed intention from one location could have the ability to produce results in a second location. Results were shown first in the Leaf Intention Experiment, (McTaggart, The Leaf Intention Experiment, 2008) and then the Seed Germination Experiment,

(McTaggart, Lynne McTaggart Intention Experiments, 2009). Healing could be instantaneous across the distance also, “Intention is an energy surge...of well-ordered light.” McTaggart was able to prove that there was a connection with people of like-minded thoughts to produce a change in situations or others by their collective action. The value of prayer, meditation, group gatherings, prayer groups and more began to produce results demonstrating the power of healing within a group and beyond a group. Intention was powerful and significant in the outcome and success of healing sessions, (McTaggart, The Field: The Quest for the Secret Force of the Universe, 2011).

With this project there are several aspects to the intentions. First is the development of the idea that we can produce change for ourselves and we have the power. This is the beginning of understanding self-empowerment within the person through directed intention. Second is the ability to set goals or visions and create an intended outcome or opportunity. Instead of leaving ideas in a state of “I would like”, the person has the ability to realize “I am” or “I have”. Lastly, is the intention that movement will be the tool by which the person is able to direct a change. By creating a movement list, the intention is already set that these tools will be the assistance needed to direct change. As the movements are

simple, there is no need to feel anxious about doing them, nor learning them. The list can be added to, and this brings in personalization and self-identifying gifts or talents or skills. Dr. Lissa Rankin uses a similar approach with her *patients*, “As a physician, here’s what I’ve learned: somewhere in the intersection of hope, optimism, nurturing care, and full partnership with the empowered patient, a recipe for healing lies,” (Rankin, 2013, p. 35). Instead of asking for a list of symptoms she began to ask what the patient would identify as the root cause of the illness. Many people knew the root cause and could identify it. When she continued with her questioning by asking what the body might need to heal, her patients again astonished her with being able to provide an answer. The “brave patients” were able to make “radical changes” to their behavior, and their illnesses disappeared. Qi YINtegration provides people with tools that they might not realize are at their fingertips and can be utilized with minimal amounts of effort for learning or engaging. It is a pathway for those who might not appear to be so “brave”. It is also a way to overcome fear paralysis or the fear of moving. Simple movement options are already within the frame of reference without engaging in deep analysis. Muscle testing can identify the movement that is most beneficial, and the person has the choice to engage in that movement.

I. Quantum Mechanics and the Dynamics of Conscious Thought

Key to the approach of this project is the understanding of Quantum physics and the way in which conscious thought and unconscious thought can empower the individual into their self-care. Quantum mechanics opened the science of action by introducing the idea that the human body is not the end of the discussion for physical action and outcomes. It postulates through many different theories the ideas that we are more than the physical body. We have a conscious mind that can-do unpredictable things based on its experience and its thought processes to understand the outcomes of actions and experience, (Stapp, 2011). We also are part of a community, and the thoughts of our community can have an influence on the outcome of our own thoughts, (McTaggart, *The Field: The Quest for the Secret Force of the Universe*, 2011), (Kushi, 2007). Our ability to provide self-empowerment because of these scientific principles is a dynamic aspect of self-care.

To better understand how the physics of action has changed with the development of understanding in quantum mechanics, let's consider what happens when a health challenge is offered choice. In previous models an ailment would require understanding the challenge in the body and use a science-based approach to change the outcome happening with the ailment.

In the quantum physics approach, there is the opportunity of choice offered. That is, the individual has the ability to understand that with self-empowerment one has the ability to consider several choices of action, and that any action can be based on experience, the experience of the person themselves, and/or the opportunity of the person to be influenced by others within their web of influence who have a different history and experience with the ailment and could provide unknown insights. This introduces the idea of the choice of the individual based on their own experience and knowledge, the opportunity for choice based on the knowledge of others within their vicinity, and the influence of others based on their knowledge of success and outcome. “Consequently, any attempt to understand or explain within the framework of classical physics the physical effects of consciousness is irrational, because the classical approximation eliminates the effect one is trying to study,” (Stapp, 2011, p. 23). There are many opportunities for choice to have knowledge, and for the mind to focus and to process and evaluate information, and for the influence of others within the room and sphere of influence to become a part of the package of discovery and choice making.

The challenge in research with quantum mechanics is that it is not always possible to predict outcomes, nor to understand influences based on

what is known or visible. “The transition to quantum theory imposes a severe restriction on observational realities, in comparison to the micro-structure that is deemed measurable in classical mechanics,” (Stapp, 2011, p. 69). Specifically, von Neumann noted that based on the Density Matrix, one could postulate probable outcomes to a challenge if only specific influences were present, but once an observer was brought into the equation, the outcome is now dependent on the people involved in the whole experience. The expectations and awareness of the observer has the ability to influence the choices made by the person with the ailment, and by being observed there is a different awareness that results than just having input and experience shared by others. A true understanding of the dynamics of experience and choice making moves into a fuzzy area for understanding, and this is where each individual being studied can have a variance in responses, successes, and outcomes with action. Quantum mechanics helps to clarify that consciousness can be experienced in many ways, and the outcomes of influences can be unpredictable and variant across different people. Research that is open to identifying and realizing individual differences creates a new set of data that expands observation, discussion and future predictions in ways never before experienced through the laws of classical physics. Experience becomes a gift for sharing and

assisting others with their personal journey of discovery, without the pressure that everyone will respond based on the laws or rules of science and predictability. Consciousness, creativity, influences and motivation can have very distinct roles in experience and outcome. “If one assumes that the reduction events in the subject’s brains are tied fundamentally to classicality per se, rather than the increments in the subject’s knowledge, then one loses the essential connection between physical description and subjective experience that quantum theory is designed to provide,” (Stapp, 2011, pp. 83-84).

J. Individual Participation vs. Group Participation

As individuals we often believe that we are the determiners of our own destiny. That is, if we have disease that has been diagnosed by the medical profession, then we are on a personal journey that requires us to experience this alone or in isolation. In fact, very often individuals will withdraw from the world and try to deal with their symptoms on their own so as not to bother anyone else. This approach often leads to anxiety, depression, and sadness to name a few emotions, (Cornwall, 2000). Further discussion of the emotional approach will be shared later in this section, but for now it is important to discuss how belonging to a group can

change the experience of the person with a dis-ability or dis-ease. With a self-care group that meets on a regular basis there is the habit-forming opportunity for action, the connection of like-minded individuals, and the feedback of fellow students and instructor to support the growth and achievement of the person, (Loupos, 2005, pp. 11-13). For those who are offered physiotherapy treatment to support their challenge, they do see a therapist who can support them, there may be a delay in receiving treatment based on waiting lists and urgency of the need, and participation is a solo activity based on the needs of the client. Often the results are mixed, with success in some areas and not others, (Cuenza-Martinas F, 2018), with some results showing that group exercise programs produced less results than individual programs, that women may have less success than men with the same challenge, and that outcomes can be based on level of personal investment (Deutscher D, 2009). We are creatures with a need for communication and connection. Our greatest successes may happen as a result of our ability to find our tribe and be connected, rather than finding people with the same ailment to exercise with but are not necessarily like-minded.

Emotions are one aspect of our journey with dis-ease and wellness. There are several aspects to emotions that can be considered here. First,

disease begins to create challenges for the body when the frequency of the body decreases in Hz to less than 50 Hz. Bruce Tainio in his Biological research was able to measure the different organs and tissue in the body, as well as the frequency of disease, (Appendix C). He found that a Healthy Body during the day vibrated between 62 and 68 Hz, while Candida symptoms would appear at 55 Hz, and Cancer would be present at 42 Hz or less,(Anderson, 2008). Emotions can raise or lower our frequency in several ways. In the 5 Element Theory from Chinese Medicine, a block of energy flow through the meridian system can produce an emotional reaction. For example, if there is over energy in the wood element, which can be found in Chinese Medicine with wrist pulse readings, or by muscle testing alarm points in Touch for Health techniques, there can be a display of emotions around anger and resentment, two emotions identified as related to the Wood Element and the Liver and Gall Bladder meridians. Or, if there is a depletion in the Water Element flow, fear and anxiety can be present and creating this flow challenge or the consequence of a flow challenge. The Hierarchy of Consciousness found in the algorithm charts by Dr. David Hawkins illustrate that negative emotions can create a force that can decrease the frequency within the body, while the emotions that are at the higher end of the chart can produce an open flow of energy and a

power that can assist with raising frequency, (Appendix B). In the middle of the chart is the turning point where trust must be achieved for the higher emotions to be experienced. If there is no trust in the situation or opportunities presented, then the emotions will continue to hold below that threshold and keep the frequency in the body at a lower level. However, if trust can be achieved, then lives can be lived at the higher end of the algorithm with such emotions as contentment, joy, calm and confidence being a part of the package. “Later research, however, has revealed that the response is not a local response to the body at all, but instead is a general response of consciousness itself to the energy of a substance or a statement...There is also a pupillary response as well as brain function as seen by magnetic imaging,” (Hawkins, 2012, p. 322). When we are alone and suffering in isolation it can be very hard to change emotional challenges, and it can hard to be motivated to make changes or to do things that will assist with raising the frequency. We also may choose to avoid people and situations that might lift us up. Sadness, depression and loneliness can then be consuming and binding.

The power of belonging to a group is the influence of the Law of Resonance, we can be influenced by the frequency around us. With this possibility, the gathering of a group for a class or social event, and the

opportunity to create supportive bonds and influences can change how the emotions will support us or feed us emotionally. The group dynamics can also be changed by the presence of a leader. Someone who has lived the experience or who is inspiring to others can make a difference in motivating the person and the group. The success of a program then becomes a collective success based on the people present in the group. “Hands-on physical engagement is the preferred learning style for approximately one out of every three people,” (Wayne, 2013, p. 222). For this research the people in the class were interviewed for their personal stories and the group dynamics were not identified as such. Results from the study have some interesting results based on the knowledge briefly discussed here.

The Power of 8 is a series of group studies done by Lynne McTaggart to show how the altruistic action of others can create an instant healing option in one chosen within the group to receive healing intentions. With over 10 years of studies to support her program, Lynne has ventured into yearly projects linking up groups of 8 people to achieve this healing marvel. Her success reinforces the importance of gathering a group and providing support to each other, and it also supports a different idea – altruism. Lynne has been able to show that when one focuses on others to

assist them with their health challenges there is a greater success of gaining wellness than focusing solely on themselves. The wellness is achieved across both the person being focused on and the people who are doing the focusing. There is a reciprocal effect that happens, and it is very powerful, she first labeled this the Lingering Effect in 2009, (McTaggart, Doing-onto-others-the-linger-effect, 2009).

The focus of the Qi YINtegration program that is being investigated through this study has a gathering of a group, but not to the same extent as Lynne McTaggart's work. The specific items located in the program were acknowledged through the interviews, rather than discussion on the group dynamics. In the results of the study this identification leads to some new discussion for future possibilities.

CHAPTER 2: Research Initiatives

A. Purpose of the Study

I propose that the disparity witnessed through the current medical system, of compartments assessing the physical complaints of a patient, can be initially and impactfully resolved through the transformation of responsibility and action. By providing the person, (not identified as a *patient*), with knowledge about the possibility and power of self-care, they will be empowered into action. The awareness of choices and information obtained from muscle testing will provide the person with confidence and resiliency going forward, something that their lack of education in medical information has not provided. The development of skills in basic movement knowledge as found in whole body movement from Tai Chi principles, personal assessment of the current condition of their physical structure as they are familiar with, and the skill development of muscle testing to assess the needs of the body will create new possibilities and direction. I also identify that the ability to release the effects of memory/emotions and experiences in the tissue of the body will be influential in the success of the interventions chosen. Through Injury Recall Technique the person will be able to release any brain/body connections of experience and emotion that may be holding movement

patterns or tissue in tension. The addition of this technique was not identified in any of the current medical model research as a first line of action for recovery and healing. And to complete the empowerment, I propose that a shift in attitude about energy will be advanced. That is, the flow of energy is energy building. The engagement in activity produces energy, rather than expending and depleting energy stores. This shift in paradigm will eliminate the limiting thought about patterns of aging, decrease in ability and a lack of personal awareness for health and wellness. Goal setting with intentions is also explored through the program and is empowering when a vision or goal has been identified and desired that produces a direction for action. “When the intent (yi) arrives, the qi arrives,” (Cohen, 1997, p. 93). Any condition or pain that remains after self-care has been engaged in should be brought to integrative medicine or the medical model for further assessment. This is where the medical model will be able to use its resources and expertise to address conditions that persist after personal care.

Research Question: To determine if the opportunity to use specific self-care tools will empower people to change their patterns of behavior and/or thinking for everyday activities towards health and wellness.

Hypothesis One: The Energy Kinesiology tool of Muscle Testing provides people with specific, personalized self-empowerment for self-care.

Aim: To identify muscle testing as an important tool for self-care.

Hypothesis Two: Injury Recall Technique is identified as a tool chosen for reducing pain or challenges for health and wellness.

Aim: To identify IRT as a tool used for self-care.

Hypothesis Three: Breathing, no effort or reduced effort, and movement options are possible tools to use to accomplish a self-responsibility model for personal care that retrains the way the person responds to everyday stressors.

Aim: To introduce easy movement sequences that physically move people from paralysis in stress to simple movement options that inspire self-care.

B. Program Outline

Qi YINtegration is the program that will be assessed, as it will provide all the connections listed above. Its combined holistic approach to health includes:

- A whole-person approach to health minimizing the separateness identified in current trends with isolating the aspects of the triangle of health: body, mind and spirit.
- Mental and physical shifts to engage in *energy building* activities (Tai Chi, breathing, 40 – 70% effort), rather than *energy expending* activities (exercise programs, weight loss programs, strength training programs).
- Muscle testing or biofeedback to provide a mechanism for listening to the needs of the body by monitoring more than the neuromusculoskeletal integrity assessed by Physiotherapists, but the Autonomic Response system of the body, (Klinghart, 2005).
- Injury Recall Technique to stimulate the Vagus Nerve System to reset the Visceral Motor System affecting glands, the musculoskeletal system and psychological or emotional balance, (Schmitt, 2002),(Deal, 2013), (Deal, 2015), (Usry, 2017-2018)
- Breath and basic movement patterns used in such classes as Tai Chi which link the 5 Element system identified in Tradition Chinese Medicine, creating a whole-body re-patterning approach to movement.

- Goal-setting to introduce the power of intention for directed outcome.

C. Methodology

As each student has had their own personal journey of exploration and accomplishment that will shape the use of the Qi YINtegration materials, (Koch, 1998, p. 1182), the approach to assessing how the Energy Kinesiology tools have been most helpful will be explored by retrospective, qualitative dialogues with former students of Qi YINtegration classes. This story telling approach encourages the "desire to secure authentic information about people and situations studied," (Koch, 1998). An open interview process is preferred over directed questions to ensure that the recounting of the students are theirs and not sparked by the wording of the questions. This will "illustrate the character of interviewing and interpretation of text as research practices that can be informed by Gadamer's philosophical hermeneutics while resisting methodology as a necessary feature of research inquiry," (Binding LL, 2008). That is, the "open" methodology will provide for the discovery of which tools come to the forefront in the student's discussion over other tools. This process may produce a pattern of tools being used, and a clear insight into what is

simple to use, what is remembered, and what is sought after for its effectiveness. By "...including a narrative (qualitative) inquiry, to offer a holistic, comprehensive and humanistic approach to understanding chronic pain from the individual's perspective..." (Adegbola, 2011), more information may be gathered than through filtered and directed questions.

D. Participants

Several students were targeted for the interviews based on their different levels of involvement with the materials of Qi YINtegration and Tai Chi. This broad selection of students will have different aspects of learning, but also identification of what their needs are and how the Qi YINtegration components may or may not have met their needs:

1. AB, a former student who learnt the Set 1 and Set 2 protocols, who had no Tai Chi experience to continue with, and who has used the Qi YIN methods on her own. Her insights have been pocketed within her everyday world and will provide insight into how and what was most important for her.
2. EG, a student who has a fused back, who walks with a cane and can only stand for short periods of time. She is a Tai Chi student after taking Qi YINtegration and has insights into her growth.

3. RM, a student who has come with EG to class and who can share insights into her own story, but also the story that she has seen unfold with EG.
4. RG, who has a double knee replacement and has taken Qi YINtegration, Tai Chi and now Touch for Health as a result of starting with Qi YINtegration.
5. SL, who has taken Qi YINtegration, but has stopped coming to class even though she continues to use the techniques and practices daily and weekly.
6. IE, who has taken all the levels of Qi YINtegration as well as Tai Chi but has now moved away and is video connecting with us weekly to continue with the learning.
7. DM, who has taken all the levels of Qi YINtegration, Tai Chi and is a former Physical Education instructor with a strong knowledge of the body and movement who uses the techniques daily.
8. NT, a student who has taken all the levels of Qi YINtegration but does not have a history of developing Tai Chi skills. She uses the tools daily on her own and in class.
9. EM, who has taken several levels of Qi YINtegration later into the program, is a ministers' wife who has embraced meditation and long-

distance healing and prayer but does not have easy movement due to constrictions of polio damage as a teenager

E. Treatment of Data

Data was collected through an interview process with video recording of the session plus a compilation of relevant notes to the components being studied. Statistical significance of the various tools is not valuable to the exemplary use of the materials, so renditions of personal discovery is shared using a storytelling method for each interviewee. The insight of the researcher who has taught and become familiar with the personal stories of the interviewees provides a storytelling approach from the observational perspective. An overall picture results from the compilation from all the stories, providing insights into personal experience and the use of self-empowerment through the self-care process with identification of the tools chosen for use by the student. The opportunity for the researcher to provide history and background assists with memories that no longer hold onto aspects of the challenges first addressed by the interviewees. As discovered through years of experience with clients and students, once a challenge is no longer an issue, it is often forgotten as a challenge at all. This dual perspective for the research creates the opportunity to look at various aspects of the experiences and cultivates a larger picture of involvement with the materials in the study. Completion of the thesis will provide insights for recommendations to help build better

communication between the person, Energy Kinesiology and health care providers in Physiotherapy, Medicine, Physical Training, etc. Self-care tools that provide self-empowerment opportunities will also open discussions and recommendations that will use the medical profession in a more timely and effective way when ailments and complaints have not been remedied by personal investment and do require medical attention.

F. Role of Researcher

The researcher for this study has had personal experience with the tools utilized in the study. Injuring her own body to the point of losing the ability to walk without excruciating pain, she has utilized the techniques in Qi YINtegration, Tai Chi 7, Tai Chi and Dance for personal gain. Her personal experience, assumptions and biases must be identified prior to the start of the study as a reference point for the inclusion of the specific techniques in the study. The researcher is a Touch for Health instructor, as well as a Dance and Tai Chi instructor who has combined the elements of movement from these disciplines with the knowledge she has gained from Complementary and Alternative Medicine methods specifically targeting movement techniques for healing. She is certified in dozens of energy healing modalities and has studied dance and Tai Chi extensively across

her four-decade career. She is a seasoned instructor and practitioner with experience working with children as young as walking up to grandparenthood, from beginning students to advanced, and from pain free to extensive health challenges. Her experience with the material in Qi YINtegration is in depth and will enhance the participants experience to learn and grow with the material beyond any reservations, fears or limitations that have been holding them in their current health position. To maintain objectivity through the study, the researcher refrained from asking questions through the interview process unless there was a block in the dialogue. In this case only a small prompt was given to begin conversation again. The insights of the interviewees were their own, and the researcher reserved observations until providing her own background and experience with the student in her own recollections.

The personal experience of the researcher does create a vested interest in the protocol being explored. As a passionate instructor her enthusiasm is observed by many of her students and how it inspires others. A different instructor may not create the same atmosphere for learning, or perhaps a different atmosphere for learning. This could be another avenue of discovery for the future. For the purposes of this study, the opportunity to observe successes in the subjects realizes the possibilities for success

and helps identify how self-empowerment can be obtained by individuals seeking self-care and wellness opportunities.

G. Ethical Considerations

As the needs of the participants are of utmost importance to the program, all attempts were made to address any challenges or needs of the participants in relation to the materials in Qi YINtegration. All participants were informed of the purpose of the study for which they are recollecting, and an informed consent form was shared with each participant. Anonymity and privacy will be protected for the subjects, although each interviewee was willing for their initials to be used as well as their stories. Please note specific details in the provided Appendices.

CHAPTER 3: Analysis of the Data

Research Question: To determine if the opportunity to use specific self-care tools will empower people to change their patterns of behavior and/or thinking for everyday activities towards health and wellness.

Hypothesis One: The Energy Kinesiology tool of Muscle Testing provides people with specific, personalized self-empowerment for self-care.

Aim: To identify muscle testing as an important tool for self-care.

Hypothesis Two: Injury Recall Technique is identified as a tool chosen for reducing pain or challenges for health and wellness.

Aim: To identify IRT as a tool used for self-care.

Hypothesis Three: Breathing, no effort or reduced effort, and movement options are possible tools to use to accomplish a self-responsibility model for personal care that retrains the way the person responds to everyday stressors.

Aim: To introduce easy movement sequences that physically move people from paralysis in stress to simple movement options that inspire self-care.

A. Predominant Phrases from Learning

Throughout the interview process there was a point in the interview when the interviewee would make a statement that seemed to sum up a portion of their learning. These statements became pivotal points of discovery for the program and its results.

1. AB

- a. Happy with myself – for a long time I was not happy with myself. I earned my flabby arms.
- b. If it works – go for it. Even if it’s far out there.
- c. When you feel good about yourself, then you can feel good about everything else.
- d. The doctor has commented how well I know my body.

2. EG

- a. I enjoy the energy to do the tasks I need to, and I pace myself.
- b. I find that once I have learned something it just kicks in.
- c. I like the psychological thought that I did something rather than ignoring it.

3. RM

- a. The more I was learning and applying, the better I was feeling.

- b. Pain to tool – easy flow of information.
- c. Energy is self-loving, and you can heal things on your own.
- d. I have gained strength, flexibility, coordination – using movement to heal is incredible.
- e. When you move in the body you are more alive.
- f. I trust what I think because I can check with muscle testing.

4. RG

- a. Pain is not the origin of the problem.
- b. You don't have to go right at the techniques, they will come up when the time is right.
- c. Qi YINtegration provides the opportunity to put thoughts and feelings to rest.

5. SL

- a. When things get better you forget about it.
- b. Now there is a lot of self-care done each day.
- c. I love muscle testing.
- d. Injury Recall Technique is my first response to injury.

6. IE

- a. I am more secure.

- b. I don't think twice because the body reacts to this special form of muscle testing.
- c. The body knows.

7. DM

- a. Qi YINtegration provides more confidence to trust the body can heal itself and that we can be a part of that process.
- b. The Qi YINtegration tools provide me with an easy tool to release emotion and let it go.
- c. I had never thought of myself as empowered before.
- d. I recognize that it works if I allow it to – and I have made a daily routine to use it.
- e. My thinking has changed to be part of the solution rather than not doing anything.

8. NT

- a. [Qi YINtegration tools are] weaving through everything – it just happens.
- b. The binder is always at hand – try any of it and whatever set.
- c. [I am] trusting the movement to do the energy shift.
- d. Trusting muscle testing can be challenging sometimes – but usually it is the right thing.

- e. Very subtle a lot of it, whether you pick up on it. If you recorded everything you would find lots of detail you have forgotten about.

9. EM

- a. People in the class have become great friends and are very helpful.
- b. Learned how not to put the hip out. Learned how to lift. Learned how to swivel the feet.
- c. Muscle testing – extremely important to use all the time.

B. The Use of Muscle Testing

The body pendulum was the tool most often used by the participants, although SL prefers to use the anterior deltoid. Some interviews identified the use of muscle testing right away and directly, while a few didn't really mention muscle testing until the end of the interview. Upon reflection of the interview it was apparent that muscle testing had become a natural part of the program and it was not needed to be recognized as much as some of the other details they wanted to identify as being utilized. The shift of perspective that muscle testing is an unnatural or difficult task was not held by any of the interviewees. In fact, all of them have found a way to use the

muscle testing easily throughout the day, and some have even become self-aware and are able to recognize when the body will be shifting energetically before the pendulum or the deltoid have responded. This development of intuitive abilities has supported further self-empowerment for those achieving this result. Quotes from the interview highlight the way that muscle testing was discussed in the interview or in the storytelling. In the notes below, the researcher's observations of the participants' use of muscle testing are indicated by "MG".

1. AB – The Body Pendulum – all the time, very strong with this. I have used muscle testing a lot – but now I have more self-awareness.

MG – When AB was introduced to muscle testing, she was hooked. She took the checklist home and played with all the exercises presented during class time...This checklist was a way for AB to not exceed her energy level and she trusted the muscle testing...AB always had a way to check and see what she needed. Whenever I have seen AB in the community, she has reiterated how she has been using muscle testing and the checklist faithfully.

2. EG – I use Qi YINtegration throughout the day...I use the body pendulum to muscle test and will ask the body what it needs. MG – Muscle testing, particularly the body pendulum, was a challenge for

EG's ability to move and stand. It took her a while to trust that the muscle test was giving her the correct answers, and often I (MG) would have to be the surrogate for her to trust the results, or at least have a direction to continue whether she trusted the results or not. Her ability to use the body pendulum has changed dramatically. EG is quick to muscle test, and often feels the shift before it happens. Her level of trust is now developed.

3. RM – I use muscle testing for foods and supplements. I trust what I think because I can check with muscle testing. MG – (When RM had a brain bleed and was hospitalized) muscle testing became a close friend as RM was able to test for making choices, assist herself nutritionally with energizing foods, and she had tools to adjust her mental processes to accept the medical model and to navigate it into a place for positivity and healing.

4. RG – Pain is not the origin of the problem. Assess and find out what the body needs. From muscle testing to movement – the link of movement to Tai Chi. MG – RG has utilized the different aspects of the materials we cover each week, and easily uses muscle testing, the list of tools, and the resources at her disposal.

5. SL – Muscle test for food – quite often, what to do and how long to do it. Love muscle testing. Use the anterior deltoid often, (rather than the body pendulum). MG -Because SL quickly added all the techniques into her daily routine, she was independent with doing the work and very quick at muscle testing and going through the checklist.

6. IE – I am using the [body] pendulum every day. I check for certain foods and I started also using intentions. I would have never thought that certain points when muscle tested were related to before birth, during birth or after birth. It is so helpful to think about this more. MG – One day IE was talked into joining our Qi YINtegration class and was thrilled to learn about muscle testing...I suggested to her that perhaps her pain was not restricted to the piriformis and she was then willing to muscle test for other options.

7. DM – I muscle test to make better choices and decisions as this has been a struggle prior to this. I enjoy using muscle testing and the body pendulum to determine what is needed, how many repetitions, and what part of body, mind and spirit is important. I now have confidence. MG – By bravely trying each technique she was able to make it her own...she will muscle test anything she needs...(after

surgery) DM used muscle testing to see what her body needed for recovery.

8. NT – Check energy levels – body pendulum, go through the checklist, and do those. Don't check after but notice the energy shift. Muscle test to do something, going somewhere, eating, muscle tested to go to the movies (a high anxiety challenge) ...would help with decision-making – would still think through some. MG -The fear of not understanding or forgetting was gone. The desire to do something each day to energize was important, and her ability to muscle test and use all the tools was very strong.

9. EM -- What do I want to work on? ...Don't feel confident with the tools...asking...Muscle testing is extremely important to use all the time. MG – EM had challenges with balance and strength in the legs when she first came to class. It took a while for her to trust that she wasn't losing her balance but swaying with the body pendulum and gaining answers to questions. Once she found her balance was stabilizing, the muscle testing was easy, and she was eager to jump up and find out what was going on.

C. The Use of Injury Recall Technique

Injury Recall Technique has been the first tool that one checks for before doing anything else in the Qi YINtegration program. It is also present on the checklist of possible movement choices. It is interesting that it was not mentioned in the interviews, nor in my storyline. Does this reflect that the tool was not valuable or used? No. In fact, it appears that this technique is so easy to use at its most basic level that people may just nod their head to clear the challenge and then muscle test what is needed in movement to bring them forward into a new position for action or thought. The original technique for IRT required a practitioner to pull the talus joint at the foot, but since this technique is not useful or an option for self-care I adjusted the technique to nod the head forward 3 times and then tap into the wrist or ankle instead of pulling on the foot. The simplicity of the technique makes it easy to do without realizing it was even used. More direct questioning about IRT and when it is used would be helpful to understand its potential and usefulness as a self-care tool. The inability to provide this insight from this investigation is disappointing.

1. AB – no mention in the interview. MG – no mention of this technique in the storyline.

2. EG – I use IRT and am faithful to this most days. I like IRT...I like the psychological thought that I did something rather than ignoring it. MG – There is no mention of this technique in the storyline, but recollection is that IRT is EG's favorite tool, so she does not require muscle testing to use it, she just easily nods her head when she needs to clear an event or an emotion. The tool is so simple she has incorporated it fully into her daily routine.
3. RM - No mention in the interview. MG – There is no mention of this technique in the storyline, but IRT is easily used in class and at home based on our conversations. Most predominant is my recollection of our visit at the hospital after the brain bleed. We spent an hour together and we cleared several aspects of the experience and her fears around being sick, in a hospital, and requiring medicine. We used IRT for several layers and with ease. This indicates that she had been using the technique frequently and without any challenges or resistance. Her speedy recovery also is indicative of how the Qi YINtegration tools were able to assist helping her past fear and anxiety and look towards recovery and the future.

4. RG – No mention in the interview. MG – There is no mention of this technique in the storyline, but IRT has been used extensively throughout RG’s class. It is often the tool that the body muscle tests for. RG is able to use the tool easily on her own, and I believe its simplicity is what keeps it from coming to the forefront of the interview. It is a tool, like muscle testing, that is just there, and is easily used before choosing a movement pattern.
5. SL – Injury Recall Technique in its simplest version is used as a first response, and a tap into the ankle. MG – There is no mention of this technique in the storyline, although it was one of the tools that was used most extensively when SL was attending class. Once again it is a part of the initial tools that just happen and then the focus on movement patterns happen.
6. IE – I did IRT from Set 1, it is so easy to do...it released the back muscles. MG – There is no mention of this technique in the storyline. IRT was a technique used extensively through Set 1 – 4, so it was used frequently in class.
7. DM – I can investigate with the tools that I have and where I didn’t know how to deal with emotions before, I would just

shove them away and not acknowledge them, the Qi YIN tools provide me with an easy tool to release emotion and let it go. IRT in the Set 1 materials. MG – The ability to work with emotions was new to DM as she had previously blocked them or pushed them down deep...when she desired to make a bigger shift with personal issues and emotions we did a couple of private sessions, always using the tools from Qi YINtegration so she could see their application and continue to use them. IRT was used before, during and after surgery for recovery and speed of healing. Rather than bring up difficult subjects throughout our time together in class we were able to use IRT to diffuse the emotions and begin to ease the layers of suppression from all the previous years and experiences. It was a tool that did not require any talking or resolving, just release. She would describe herself as lighter after a session or class.

8. NT – No mention of IRT in the interview. MG – No mention of IRT in the storyline. The use of IRT in class time has been extensive. NT has used this technique and discussed using it

at home as well. Again, its predominance with other techniques go unnoticed.

9. EM – No mention of IRT in the interview. MG – No mention of IRT in the storyline. The use of IRT in class time has been extensive. EM has used this technique and has recognized how she feels after using it, but it is not really noticed. She has acknowledged her level of flexibility changing after using it in class.

D. Movement Options Chosen

Each interviewee had a list of the things that they utilize for movement options to shift the energy flow. Their lists are very similar and include almost all the items found on the Qi YINtegration checklist for Set 1, as well as Tai Chi moves and other items of movement that they engage in. What they have realized with the program is that if they move then they have the ability to change the status of the body, mind and spirit. They recognize all the tools as self-care tools, and they have added to the set 1 checklist to include all the things they know how to do. What is insightful from this list of choices is the fact that the interviewees all have a list of options that they use for Self-care and it is just given that they can do it and

that they use it. There is no hesitation or block that keeps them from trying to do the best for their health and wellness. Items also seem to come and go from the list over time. Some things come to the forefront, while others go into the background. Some items stay as everyday items, and some are based on muscle testing. Regardless, the program has offered the idea that a checklist, muscle testing and movement options are a possibility for self-care, and they are using these items with personal success.

Further investigation into the specific details of which items are influential would be enlightening, however, based on the comments in the interviews, it appears that by muscle testing the body will be choosing what it finds most beneficial and that will be an individual's needs and not specific to ailments or goals.

1. AB – Commencement, Deep breathing, Foot Rub, Stairs, Food Choices, Standing, Walking, Sitting
2. EG – Foot exercises, Figure 8's, Don Yu's Tor Yu's, Seated Tai Chi, ESR's, Standing, Kundalini, 5 Element Set with Sound and Color, Stairs, Foot and Hand Rubs – "You don't forget them, you just do them."

3. RM – Tapping, Foot Rub (morning and night), 5 Element Set with Sound and Color, Tai Chi – seated and standing, Stairs, Food Choices
4. RG – Intentions, Tai Chi, Qi YIN, dance in the kitchen, Don Yu's, Tor Yu's, Tapping, ESR's, Posture,
5. SL – Qi YIN, Commencement, Meridian sweeps, Neurolymphatic Rub, Tapping, EFT, Tai Chi, NL for Quads, Foot Rub, Foot exercises, Switches, Meridian tapping, Yoga
6. IE – Water, Intentions, Stairs, Sitting, Tai Chi, Walking, Qi YIN,
7. DM – Sitting, Standing, 9 pts of Feet, Qi YIN, Assessment page, Effort 40% - 70%, 5 Element Set with Sound and Color, Stairs with Intentions, Food, Figure 8's
8. NT – Qi YIN, Hands Rotating, Spine Rotation, Parting Bamboo, Don Yu, Foot exercises.
9. EM – Tai Chi, Barefoot, Sitting exercises, Foot exercises, Don Yu, Double Doodle, 5 Element Set with Sound and Color, music, props (scarves and fans), Hand and Foot Rub.

E. Realization of Self-Empowerment

For some of the interviewees there was a definite shift in consciousness around the ability to be self-empowered by their use of Qi YINtegration tools and other tools. For others the shift was very subtle, gradual and easy to transition into, such that they really didn't notice that they had changed their views and opportunities around self-care all that much. This is the "no-effort" part of the program. If we are in flow with our actions and decisions, we should have no effort involved in going forward. The transition from being dependent on others for self-care and then becoming aware and empowered is highly successful if it is not even noticed. The opportunity for the interviewees to reflect on what they noticed, and for the researcher to provide observations from the experience of being the instructor provided a different element of discovery about self-empowerment and a shift of flow to "no effort". There was a change for everyone, and much of the shift was the discovery of muscle testing, using a checklist and having tools available to make changes. This seemed to be a resounding discovery for everyone.

1. AB – You have to believe what you are doing – let yourself be in tune. I have more self-awareness now. Use deep breathing as it helps to calm. May mentally rub feet if I can't do it

physically. Working with a Naturopath and following good food choices. Know what is needed and do it when needed. [Space out activities to not over tire.] Take time for myself. Anxiety, no medication – relax and clear the mind. MG – AB calms her restless leg syndrome. Took a tour guided trip and was able to deal with anxieties and challenges along the way, was not afraid to take the trip. The biggest example was creating a muscle testing chart for walking and taking the effort out of the walk and converting the walk to an energizing activity rather than an energy zapping activity that required a nap.

2. EG – Began with Qi YIN and then expanded to Tai Chi. ESR's automatically use this when stressed, happens without even thinking about it. Once I have learned something it just kicks in. MG – With each passing day and more classes, EG has been able to build stamina, strength, flexibility and effortlessness. Her self-discovery continues every day.
3. RM – I quickly discovered that my fears were unfounded about my abilities. I could sit in a chair and participate...over time I realized I was capable of doing more and that Tai Chi

was not as hard as it looked. The use of Qi YIN has proven to provide her with more energy, to be full and more like her real self...I had a miraculous recovery [from a brain bleed], and I feel that if I had not learned the tools previously, my road to recovery would have required rehabilitation at a facility for 6 weeks as well as other detriments without my knowledge of movement and energy...class topics have been helpful, knowing and having information at my fingertips has been empowering.

4. RG – Believe in the fact that you can have greater control with the body and brain if use the techniques. Find out more about the self, needs, don't need. Not knowing everything is ok. Continual learning process – each class has a highlight. Always something to work on. The ability to put thoughts and feelings to rest.
5. SL – Self-care routine every day. Taken a picture of all the pages of Qi YIN and carry this everywhere I go so I always have a reference. Need to do first thing in the morning to set up the day.

6. IE – No specific comment given. MG – The interview with IE showed how many different ways she was using the tools to help herself, her cat and her friends. Although she did not talk about self-empowerment, her actions were indicative of it in all her choices and actions.
7. DM – Since learning the ideas and techniques in Qi YINtegration, I have become more aware of myself personally and how I feel. I have been given a gift of knowledge and information to gain perspective and balance...I now have the ability to reorganize more options for emotional stress and consider whole body wellness – Qi YIN has options and tools to address what is needed...I can decide when to look after myself...Qi YIN makes you more stable and aware, more in the present...overall benefits are empowering me...I can simply change my step or direction and trust it does work and develop a level of confidence because of this knowledge. (Before Qi YIN), I had never thought of myself as empowered.
8. NT – (Qi YINtegration) weaves through everything – it just happens. Interested in doing something health wise – don't go

too deep - but this one has been the deepest. MG – The dialogue was not so much about empowerment, but NT’s actions speak loudly. She is able to muscle test for action when unsure of what to do, and this helps calm the anxiety. This helps her to reason what is possible and trust the decision she makes. This repeats in many of her actions at home and with the family.

9. EM – Asking...Muscle test...extremely important to use all the time. Valuable to use for the rest of your life. Continuation of class is important. MG – Attending class was the impetus for change to happen and be learning how to have strength through the exercises and to ask questions about how to relieve pain or illness from the body meant EM could take action for herself right away. She is eager to dive in to anything, and once she was confident with the muscle testing everything just opened up for her with choices.

F. Relationships with the Medical Model

Through the conversations with the interviewees it was apparent that a level of respect was held for the medical model and the role that it plays

in providing valuable tools for the health of the individual. There was almost a relief that the Qi YINtegration tools aided in eliminating the ailments or symptoms that appeared across a day or week. The self-empowerment allowed the interviewees to act for what they could control or adjust, and then the opportunity to be more self-aware and confident of the needs for the medical model.

RM (Participant 3) had a scary experience with her brain bleed and did not seek medical care at the outset of symptoms. Her fear of hospitals, tests and medicine prevented her from wanting to trust the medical model. My persuasion that she needed the care supported her to step forward, and her tools to muscle test and make decisions for herself continued to guide her and calm her fears. Her network of friends and groups were contacted for long distance healing, and she was open to any and all tools to aid with healing. Her recovery was miraculous, and the doctors were surprised by the extent and quickness of her recovery. Together, the tools everyone provided assisted to the best possible outcome.

1. AB – The Doctor has commented how well I know my body.

Self-diagnosis. MG – AB is not afraid to tell the doctor what

she has been doing and is eager to share the tools and tips to anyone who asks.

2. EG – I have nothing new from the medical doctors to help with physical pain.
3. RM – I have found a great family doctor as a result of my brain bleed, and I know that I have to trust them and can trust them to have my best interest at heart, and that their care has kept me from dying. I have accepted that taking medication is ok as it is keeping me alive and I am grateful for this. By adding my CAM tools, I am able to assist myself to do more and be more.
4. RG – No comment given.
5. SL – Had a high stress job and exercised to reduce stress. Go to doctor, use physiotherapy, take a pill. Now there is a lot of self-care done each day. Massage therapy, chiropractic, naturopath, working to be preventative. I listen to my body more.
6. IE – My quality of life had a problem with walking long distance, not at the gym really, really limiting myself. There was not much [physio] could do. MG – IE is able to act for

herself first and then know what is important to offer for information to the medical model. She has a symbiotic relationship happening between tools and care needed.

7. DM – No comment given. MG – DM “knew the body could heal itself and that medicine was not always right.” When DM had surgery while part of the Qi YINtegration program, she was able to muscle monitor what she required, how to support herself before surgery, and after. She felt confident in adding exercises that would support the energy flow of the body while not jeopardizing the healing opportunity for the area that was repaired. She also could calm fears by muscle monitoring for choices that she was not sure about making. This provided her with a level of confidence she had not had before.
8. NT – No comment specific to this in the interview. MG – NT has a strong relationship with the medical model, and she is able to supplement what is going on with her care by adding integrative tools and complementary tools to her care. She has used muscle testing for nutrition, magnets to assist with the eyes, and Qi YINtegration movements to balance the body for

aches and pains and to problem solve challenges in the middle of the night or when a doctor was not accessible.

9. EM – No specific comment about this for the interview. MG – When EM lost her husband the family was very worried about her. She had several doctor appointments to make sure she was alright. Once EM decided what her priority of focus needed to be through muscle testing, she was able to meditate or use movement and focus to shift what she wanted to change. Each item she focused on was better by the next week, this included a mole, a lump in her breast and finding a new love. Her pains disappeared, and they have reappeared, but each time she is determined to find out what she needs to do and get at it. The medical model is there for anything she cannot conquer.

G. Emotional Shifts

The initial hesitation with the tools in Qi YINtegration that were not familiar were quickly embraced for their uniqueness and results. For all the interviewees there was a shift of energy towards personal growth, self-care, self-empowerment and an ease of flow towards goals and

opportunities. Some of these stories were forgotten, some were seen differently through the person's eyes as well as the eyes of the researcher/instructor. One thing to realize from this experience is that this is human nature. Amory Danek, a researcher who studies insight and the "aha" moment explains this through her studies of magic tricks, (Eng, 2018). The "aha" moment of discovery has a memory impact over time – over other experiences that don't have as much impact. Something impactful will be memorable. Insight will have a false set as the brain tries to match up missing details. For our results, where once there was no personal solution to solve a health and wellness challenge, the power was passed to people in the know – the experts. Now the self-empowerment creates the opportunity for action. The ailment will be forgotten, as SL (Participant 5) said: "When things get better you forget about it." What is remembered is the empowerment, the self-care, the tools. The action is identified and remembered. The memory may not be complete or actual, but the results are the same – self-empowerment. Danek discovered that the brain filters sensory perceptions through assumptions. Dealing with complex tasks it creates a reality. We need the reality to not paralyze us, but support us in going

forward with health, energy and vitality. Muscle testing, Injury Recall Technique and movement can accomplish this task successfully for us.

H. Sharing of Techniques with Others

There appears to be a transition that happens when the tools become confidently used. At this point of discovery there is a desire for the tools to be shared. Even though this was not discussed by everyone, it was apparent that they had shared their discoveries and their tools once they were confident with the results of the tools. This leads to more questions about the use of the tools in the general population and how they can be shared. More research needs to continue this flow of discovery.

1. AB – Shares techniques with family: children and grandchildren, at the hospital and with the nurse practitioner.
2. EG – Has passed techniques to friends and her children.
3. RM – She recommends tools to anyone she feels could benefit.
4. RG – No comment in interview. MG – I am aware that RG has shared with her family and Tai Chi members.
5. SL – Has passed techniques to family and friends. Shares significantly with her sister.

6. IE – No comment in interview. MG – I am aware that IE has shared with friends who have needed a tool.
7. DM – No comment in interview. MG – I am aware that DM has shared with family and friends as well as Tai Chi members when it will benefit. DM was a schoolteacher.
8. NT – No comment in interview. MG – I am aware that NT has shared with family and friends.
9. EM – No comment in interview. MG – I am aware that EM has shared with family and friends. She has told stories and has invited people to class.

CHAPTER 4: Developing Insights from the Research

Research Question: *To determine if the opportunity to use specific self-care tools will empower people to change their patterns of behavior and/or thinking for everyday activities towards health and wellness.*

Looking at the responses of the 9 interviewees, every person had a story to tell about their experience with Qi YINtegration. Given the opportunity, each interviewee expressed their sense of empowerment at being able to have choices of action and direction for approaching health challenges and patterns of behavior with Specialized Kinesiology techniques.

Conclusion: Energy Kinesiology techniques provided the opportunity for enhancing decision-making and the use of tools for maintaining health and wellness.

Hypothesis One: The Energy Kinesiology tool of Muscle Testing provides people with specific, personalized self-empowerment for self-care.

Aim: To identify muscle testing as an important tool for self-care.

Conclusion: All 9 interviewees used muscle testing to assist them with choosing tools and making decisions about their course of action for health and wellness.

Hypothesis Two: Injury Recall Technique is identified as a tool chosen for reducing pain or challenges for health and wellness.

Aim: To identify IRT as a tool used for self-care.

Conclusions: Injury Recall Technique was not recalled by all of the interviewees. Those that did identify it found it easy to use and it was their first tool when having an accident or event that needed to be cleared from the body. Because of its simplicity it may have gone unnoticed for discussion while focusing on movement tools that are on the checklist. More research into the role of IRT in self-care and the benefits would be beneficial, especially to identify when to use it.

Hypothesis Three: Breathing, no effort or reduced effort, and movement options are possible tools to use to accomplish a self-responsibility model for personal care that retrains the way the person responds to everyday stressors.

Aim: To introduce easy movement sequences that physically move people from paralysis in stress to simple movement options that inspire self-care.

Conclusion: Each interviewee had a list of movements that they identified as using in their self-care. The idea of “no effort” or the 40/70% rule was only mentioned by two of the interviewees. Each person had a

different set of movements that they identified, and each movement was chosen using muscle testing to address the present issue. More research to identify how a specific movement is used and how often might shed light on the most useful movement tools. There are the individual needs that are to be considered and creating a use chart may help to chart how the tools are used and when.

A. Self-Empowerment and its Role in Everyday Life

Self-empowerment is something that we take for granted is present in our lives but may not really appear to be. In DM's interview (Participant 7) she stated that she had never felt empowered before learning the Qi YINtegration tools. She observed that "Everyday activities she was more aware of patterns and habits not serving her highest good, and she was able to make the shift – sitting, stairs with intention, to improve attitude, new outlook, perspective." She further develops this idea with "I can choose what to eat and to build energy and be more positive." And after more reflection she expressed that she "knew the body could heal itself and that medicine was not always right."

Identified in Chapter 3, self-empowerment created the opportunity for fear and anxiety around the medical model to be relaxed. With a better

sense of personal awareness AB (Participant 1) was confident to share the Energy Kinesiology tools with the hospital personnel and the nurse practitioner. Her doctor ‘has commented how well I know my body.’ This was a sense of pride, and an opening for conversation that was supportive of all possible actions to support AB’s health and wellness. My observations after our interview revealed a radiant person: “To see the vibrancy with which she moves and expresses herself is dynamic. More significantly, her love for herself and her acceptance of her body and her position in life meant that she had an overall satisfaction for living that was keeping her energized and vibrant.”

Self-empowerment was inspirational in all the interviewees reaching out to others to share the tools that they had learned about and were benefitting from. The level of confidence achieved with the materials is indicative of how easy they are to use and to share. As well, the opportunity to develop a strong bond within the class to suggest and offer ideas for using the tools in other ways has also developed. Once empowered it appears that any fear, anxiety, distrust, questioning passes by and is replaced with confidence, affirming action, generosity, altruistic actions, bonding. This shift in levels of consciousness would be a valuable direction to research further through the area of self-empowerment.

B. The Importance of Trust

There are several layers of trust that can be identified through this research. First, there is the trust in the materials. Many of the items or tools that were used, like standing, sitting, breathing, and spine rotation are regular movements used every day just not in a focused way. Second, the Energy Kinesiology tools of muscle testing, Injury Recall Technique, and Goal Setting and/or Intention are not regular daily activities and they required some investment to learn them, and trust that they work. Everyone had to trust themselves to be relaxed and open to muscle testing, and to trust the results of the testing. Third, when emotions, memories or actions were shifted, and their influence no longer felt, they were often not remembered. In this case, if there was no one to reflect the changes noticed, there was a level of trust to believe that changes had taken place. This is where the observations of the instructor became valuable for recounting details. Fourth, there is the trust that a shift has taken place and that it is permanent. It is very hard for people to believe that with the nod of a head with IRT the release of emotional tension in the tissue can release an old pain that has plagued someone for years. And, they are used to the idea that pains can return, if they step the wrong way or lift something incorrectly, it will return. However, experience has shown that once the

tension has been released, that ailment in its present form has transformed. New aches or pains may advance because they could not be heard or experienced over the other challenge, but the one in focus is complete. This is a lot of trust to consider, and one that shows the level of dedication and commitment students of Energy Kinesiology classes have to achieving success over their health and wellness.

C. Perspective from the Inside Looking Out

As discussed previously, when there is a shift or release of tension within the body, or a flow of energy that is supporting the systems through movement, perspective changes and awareness to these changes it is often not recognized. AB (Participant 1) identifies this in her interview when she says: “I am happy, not grumpy. Very happy with what I am enjoying. Not as irritable as I could have been.” When I first met AB she was unable to walk any great distance, she had constant pain in her center back, shortness of breath, anxiety attacks which she took medication for and she had to rest after exertion. “She was apprehensive about doing anything that might make things worse.” She had always believed hard work was important to be successful, and the idea of only working or moving at 40% effort was very foreign. Trusting my guidance, she began to adopt this approach and

her energy started to change. Piece by piece the layers were removed through class and the use of the tools daily. When she shared that she no longer had panic attacks and that she didn't feel she needed the medication for them anymore, she realized the transition she was making. Through the process the changes were subtle and flowing, not always recognizable. Looking back, she can see and recognize patterns.

D. Perspective from the Outside Looking In

As shared throughout this research project, the opportunity to interview the students of the Qi YINtegration class for their perspective on using the Energy Kinesiology tools has provided the view from the inside. However, my observations as the instructor of the class has provided me with a special seat to observe and celebrate in recognition the changes that the students have undergone with their involvement in the program. My ability to see subtle movement changes, new patterns for strength and flexibility, confidence with muscle testing, ideas flowing and sharing between students, support outside of class, sharing with others. All of these changes may be noticed by the students, but their significance is not readily acknowledged until discussion is brought about to reflect on the changes. This insight has provided the students with new ways of looking at

situations and releasing any old patterns or thoughts that remained despite the movement or thought shifts. One might have let go of the need for pulling on the railing to get up the stairs, but it is not until someone has pointed out that the stairs were easily climbed, and no hands were used in the process, and then recognition is possible. Ease and flow create possibility, and the rest becomes a distant memory or a forgotten one. Reflective studies that ask for people to recount behavior or patterns may miss this information as the participants may not truly realize the changes and differences that they are capable of. A second viewpoint becomes valuable at this point.

E. The Value of Belonging to a Group vs. Private Use of the Techniques

There are mixed successes with group and private use of the techniques. In this research project AB (Participant 1) was no longer a student, but easily continued to use the Energy Kinesiology techniques and movements from Qi YINtegration for her continued benefit. IE (Participant 6) moved out of the region and was able to continue participating through Skype sessions with the whole group. She is able to follow along to our movement patterns, but there is no way to really check

if there is proper posture and technique happening throughout the class, especially if I, as the instructor, are facing away from the camera to support demonstrating the movements. For the remainder of the group, there was some discussion around being a part of a group. Although this was not a part of the aims and objectives of this research project it is worthy of note here. RG (Participant 4) commented that she enjoyed “meeting like-minded friends through this. Trusting people and sharing private bits that I wouldn’t trust in a lot of people – this is a big leap.” NT (Participant 8) commented that class with other people provided a sense of contact, kept everything fresh, helped to keep her positive and she was able to transform her thoughts from the negative by being around other people. EM noted that she became good friends with the people in her class and that they were very helpful to her. The students exchange gifts of food or plants on a regular basis and bring items that can be helpful after a particular discussion happened in class or after class. Further research into the dynamics of group participation would be valuable for Energy Kinesiology techniques, especially in remembering and using techniques without a weekly gathering. Some of Lynne McTaggart’s work with the “Power of 8” will lend some valuable insights as well around this topic.

F. Future Implications from this Research

The future implications for Energy Kinesiology techniques are very promising. First, is the identification of the value of self-empowerment to self-care. By being empowered there is an energy that is directed to taking care of the self and assisting others to do so. It would be interesting to see the number of doctor's visits used by people with Energy Kinesiology techniques over those who do not have the techniques and are using limited self-care tools.

Next, results from this study hint at a level of respect and confidence to work with the medical model and to integrate techniques with any medical interventions that are required. With the present angst around people not wanting to use medication, or not doing their physiotherapy exercises, or not seeing a doctor for something minor and being forced to see one when the symptoms become major, Energy Kinesiology can be a complimentary and integrative set of tools. By gaining confidence, self-awareness, energy flow, emotional release, less stress, the average individual would be able to address simple health and wellness challenges. Once the little challenges are out of the way, a person with Energy Kinesiology tools would be able to identify when it is imperative to gain the expertise of a medical practitioner. They also may have the awareness

to know what kind of assistance to seek for the greatest success: physiotherapy, specialist, chiropractor, dentist, naturopath, Chinese medicine, and more.

As the Energy Kinesiology tools become more mainstream, further exploration to their benefits with health and wellness can be explored and optimized. Based on the preliminary work of this research project, muscle testing and Injury Recall Technique are two of many techniques that can be further explored. Intention, goal setting and movement with intention can be expanded from there.

CHAPTER 5: Conclusion

- 1.** Energy Kinesiology techniques provided the opportunity for enhancing decision-making and the use of tools for maintaining health and wellness.
- 2.** Muscle testing was identified as an important tool for self-care by all 8 interviewees.
- 3.** Injury Recall Technique is identified as a tool chosen for reducing pain or challenges for health and wellness. Injury Recall Technique was not recalled by all of the interviewees. Those that did identify it found it easy to use and it was their first tool when having an accident or event that needed to be cleared from the body. Because of its simplicity it may have gone unnoticed for discussion while focusing on movement tools that are on the checklist. More research into the role of IRT in self-care and the benefits would be beneficial, especially to identify when to use it.
- 4.** Breathing, no effort or reduced effort, and movement options are possible tools to use to accomplish a self-responsibility model for personal care that retrains the way the person responds to everyday stressors. The introduction of easy movement sequences that physically move people from paralysis in stress to simple movement

options that inspire self-care were supportive of health and wellness. Each interviewee had a list of movements that they identified as using in their self-care. The idea of “no effort” or the 40/70% rule was only mentioned by two of the interviewees. Each person had a different set of movements that they identified, and each movement was chosen using muscle testing to address the present issue. More research to identify how a specific movement is used and how often might shed light on the most useful movement tools. There is the individual needs that are to be considered, and creating a use chart may help to chart how the tools are used and when.

APPENDIX A: Glossary of Terms

Glossary of Terms	
Terms	Definition
Chronic Pain	Pain that does not diminish over time and continues to cause challenges for the person that disrupt their quality of life. Often the cause is unknown.
Classical Mechanics	Physical actions are the result of physical responses that are preprogrammed in the body and mind. Conscious choices were not possible through this early scientific viewpoint that began at the time of Isaac Newton (Stapp, 2011)
Density Matrix	Described by John Von Neumann for use with Quantum Mechanics, this is a formulation that predicts when a yes or no response will happen based on outcomes. The influence of consciousness can change the predictability of the outcomes and create a fuzzy state of possibility, (Stapp, 2011), (wikipedia, 2018).
Elements	The 5 Elements from Traditional Chinese Medicine include: Fire, Earth, Metal, Water and Wood. Their free flow through the body creates harmony across the different organ systems.
Energy Assessment	Assessment of the energy flow through the body. This can include the Auric Field, Chakras, Meridians, Elements, as well as Structure, Mental, Emotional, Chemical, and Spiritual aspects of the person.
Energy Building Activities	Involvement in action that brings up the level of energy felt by the person, which continues to sustain after completing the action. In Tai Chi this is referred to as creating the Golden Pill or filling the Cauldron.
Energy Expending Activities	Involvement in action that depletes the energy in the body to cause a feeling of fatigue, sleepiness or lethargy. This is usually common forms of exercise or activities done in the name of health,

	like walking, running, going to the gym, cleaning, building, dancing and more.
Energy Kinesiology	The study of energy systems in the body using muscle testing to assess muscle integrity as an indicator of the meridian system and its corresponding muscles.
Feet First System	Two sets of specific foot protocols that link up the brain and body to function in a coordinated fashion across all planes of action. Compiled by Michelle Greenwell.
Human Biofield	The energy that surrounds the body and is within the body. This can include the auric field, the chakras, the meridians, and the elements as well as the tissue of the body.
Injury Recall Technique	Movement of the Atlanto-Occipital Joint or the Talus and Mortis joint to release mechanoreceptors in the body that have been frozen or impeded by an emotional response to a situation or stimulus.
The K.E.Y. to Health with Energy Medicine: Kinetic Energy YINtegration	A specialized program developed by Michelle Greenwell to apply Energy Kinesiology techniques and movement in the body to integrate the flow of energy for health and wellness.
Kinesiology	The understanding of movement patterns using anatomy and biomechanical concepts, based on the function of the tissue.
Meridians	Electrical systems that flow through the body on specific pathways, linking up organ systems. Also known as the Primo Vascular System or the Bonghan Channels.
Muscle Biofeedback	Term used interchangeably with muscle testing, but more often used as a research term.
Muscle Testing	The application of minimal pressure on a limb to assess the integrity of the muscle to hold the pressure or to release the pressure. A release indicates an energy anomaly in the system.
Newtonian Medical Model	The view that the body is controlled by the brain and the central nervous system.

Qi YINtegration	A whole- body movement program that utilizes Energy Kinesiology techniques including muscle testing, Injury Recall Technique, basic movements, breathing, intention and goal setting.
Pathoanatomy	A physiotherapy term used to study the challenges found in anatomy and movement.
Pathokinesiology	A physiotherapy term used to study movement challenges, rather than anatomical challenges.
Quantum Mechanics	The new theory of physics that the conscious mind can make choices that are independent of physical programs and these choices cannot be statistically determined (Stapp, 2011)
Reactive Muscles	A muscle pattern where one muscle becomes a bully to other muscles in a particular movement. The bully can shut down the other muscles that would regularly be involved in the movement.
Rice Technique	A common technique used to help with pain from an injury. It includes rest, ice, compress and elevate the injured area.
Self-Empowerment	The ability to act and understand what is best for oneself.
Self-Care	The use of tools to create health and wellness for the self.
Tai Chi 7	An extension of Qi YINtegration that includes assessments for sleep, pain, mood and movement, photo and video assessment, 5 Element Tai Chi set with Color and Sound.
Touch for Health	A specialized kinesiology methodology based on Traditional Chinese Medicine, original techniques used by the Chiropractors, but now shared with the layperson. It involves muscle testing to assess the Meridians and the 5 Elements, and the use of Meridian tracings, Neurovascular holding points, Neurolymphatic rubbing points and more. Created by Dr. John Thie.
Whole Body Movement	The coordinated effort of all tissue in the body to produce a movement pattern with equal effort balanced across all the muscles and tissue.

APPENDIX B:

Bruce Tainio - Healthy Frequency for the Body (Anderson, 2008)



In 1992, [Bruce Tainio](#) of Tainio Technology, an independent division of Eastern State University in Cheney, Washington, built the first frequency monitor in the world. Tainio has determined that the average frequency of the human body during the daytime is 62-68 Hz. A healthy body frequency is 62-72 Hz. When the frequency drops, the immune system is compromised. Check out these very interesting findings:

Human Body:

Genius Brain Frequency 80-82 MHz

Brain Frequency Range 72-90 MHz

Normal Brain Frequency 72 MHz

Human Body 62-78 MHz

Human Body: from Neck up 72-78 MHz

Human Body: from Neck down 60-68 MHz Thyroid and Parathyroid glands 62-68 MHz

Thymus Gland is 65-68 MHz

Heart is 67-70 MHz

Lungs are 58-65 MHz

Liver is 55-60 MHz

Pancreas is 60-80 MHz

Colds and Flu start at: 57-60 MHz

Disease starts at: 58 MHz

Candida overgrowth starts at: 55 MHz

Receptive to Epstein Barr at: 52 MHz

Receptive to Cancer at: 42 MHz

Death begins at: 25 MHz

Foods

(fresh foods and herbs can be higher if grown organically and eaten freshly picked):

Fresh Foods 20-27 Hz

Fresh Herbs 20-27 Hz

Dried Foods 15-22 Hz

Dried Herbs 15-22 Hz

Processed/Canned Food 0 HZ

APPENDIX C: Scale of Consciousness
by David Hawkins (Hawkins, 2012)

	Level	Scale	Emotion	Process	Life-View
17	Enlightenment	700-1000	Ineffable	Pure Consciousness	Is
16	Peace	600	Bliss	Illumination	Perfect
15	Joy	540	Serenity	Transfiguration	Complete
14	Love	500	Reverence	Revelation	Benign
13	Reason	400	Understanding	Abstraction	Meaningful
12	Acceptance	350	Forgiveness	Transcendence	Harmonious
11	Willingness	310	Optimism	Intention	Hopeful
10	Neutrality	250	Trust	Release	Satisfactory
9	Courage	200	Affirmation	Empowerment	Feasible
8	Pride	175	Dignity (Scorn)	Inflation	Demanding
7	Anger	150	Hate	Aggression	Antagonistic
6	Desire	125	Craving	Enslavement	Disappointing
5	Fear	100	Anxiety	Withdrawal	Frightening
4	Grief	75	Regret	Despondency	Tragic
3	Apathy	50	Despair	Abdication	Hopeless
2	Guilt	30	Blame	Destruction	Condemnation
1	Shame	20	Humiliation	Elimination	Miserable

APPENDIX D: Qi YINtegration Set 1 Program



Qi YINtegration Set 1 Handbook

Movement Basics with the Principles of Tai Chi and Qi Gong
An Integral Part of *“The K.E.Y. to Health with Energy Medicine:
Kinetic Energy YINtegration System”*

Created by Michelle B Waines Greenwell © 2014

Qi YINtegration is a movement program that re-educates the Physical Body to open up the Qi and link the free flow energy with the Mind, Emotions and Spirit to increase the Health of the Whole Person.

Table of Contents:

1. How to Muscle Test
2. Foot Rub Diagram
3. Hand and Foot Rub Description
4. Introduction to Standing
5. Introduction to Sitting
6. Breathing
7. Taking the Stairs
8. Spine Rotation
9. No Effort: 70/40
10. Physical Assessment
11. Building a Qi YINtegration plan

How to Muscle Test

Muscle testing is a way to use a single muscle in the body to indicate an energy shift for the whole body. Any muscle in the body can be used, but there are two common ways that we use: for the self, we use the Body Pendulum; for someone else, we use the Anterior Deltoid.

Body Pendulum

Standing with the feet shoulder width apart and facing straight forward, stand with hands by your sides and the head straight forward. Feel where the weight is in the

foot so you can notice if this weight shifts later. State your name out loud: "My name is..." Continue to stand and notice if you feel the weight shift in the feet, or if the body sways in a particular direction. This will be your "yes" answer, or your direction of energy. Then, say a name that has no meaning to you, a made up name: "My name is..." Continue to stand and notice how the weight shifts in the feet, or if the body sways in a particular direction. This will be your "no" answer, or your direction for a downshift in energy.

Many people will go forward for "yes" and backward for "no", although some people will be the opposite of this. There may be a sway to the left or right, or a circle happens. If the body stays on the spot this is often an indication of no energy shift of significant value. Whatever the answer is, it is the answer for you. This needs to be checked each time you want to begin using the Body Pendulum method, in case the body has shifted its indication method, which can happen from day to day. Always keep the mind open so you have not predetermined your response.

Anterior Deltoid

This muscle test can be done on someone else, or on yourself. When working on someone else, ask permission to muscle check first. A conscious "yes" from the participant is important to the results. Have the participant hold their arm out straight in front, at a 30 degree angle from the body. The tester will place two fingers on the participants forearm (not over the wrist joint) and gradually add up to 2 lbs of pressure to see if the arm will hold in position. The other hand of the tester is usually placed on the participants other shoulder to complete the circle of energy. A hold with the arm shows energy integrity. Now to challenge the arm for a shift in energy. A physical challenge can be pushing in to the belly of the anterior deltoid, on the inside of the arm, just below the shoulder – "push to mush", retest the arm. It should release and

drop, or there may be a drop in the energy in the arm to make it feel like the tester is pushing harder. “Lengthen to strengthen” the belly of the muscle – pulling the muscle fibers away from the center towards the outer ends, and this will rewire the muscle and when retested it should hold. For an emotional challenge have the participant think about something they enjoy, this should hold the arm solid. Then, have the participant think of a smell they don't like, this should drop the arm.

Simple reminders to have an indicator muscle working well. 1. Remember to breathe while being tested. 2. Take a drink of water if there is a challenge getting a proper reading. 3. If the arm is holding all the time, place the hand on the top of the head, while rubbing the space between the ribs near the sternum for the 3rd and 4th ribs, and then try again. 4. Have the participant look straight forward with the eyes open.

For more information on muscle testing please refer to John Thie's descriptions in the Touch for Health manual. More skill can be developed in the Level 1 course for Touch for Health.

Thie, John, DC, and Matthew Thie, M. Ed. Touch for Health: A Practical Guide to Natural Health with Acupressure Touch. The Complete Edition. California, USA: DeVorss and Company www.devorss.com, 2005.

The Feet First System - Set 1:

Foot Rub Description

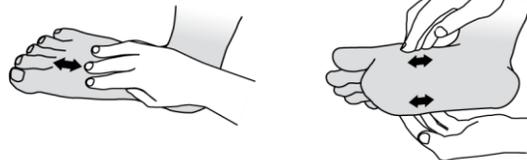
- 1. Rub between the bones in the foot.** Place the thumbs on the underside of the foot for stability, place the fingers down between the bones of the top of the foot, and rub intensely pushing into the muscles.
- 2. Rub the side of the foot.** Place the hands on either side of the foot and rub deeply along the edge, including the sides of the big toe and the little toe.
- 3. Shake up the bones.** With both hands, twist and move the ball of the foot to free up the bones.
- 4. This Little Piggy.** Pull out the big toe, circle it around for several rotations, and continue with each toe.
- 5. Hugs.** With both hands, grasp all over the foot, little squeezes to awaken all the muscle fibers.
- 6. Lengthen to Strengthen.** Put both hands together in the center of the foot and pull the hands apart along the length of the foot towards the ankle and the toes. Each hand will go in a separate direction. Repeat along the muscle fibers on the top of the foot, and then repeat on the bottom of the foot.

Feet First System 1

Michelle Greenwell www.dancedebut.com

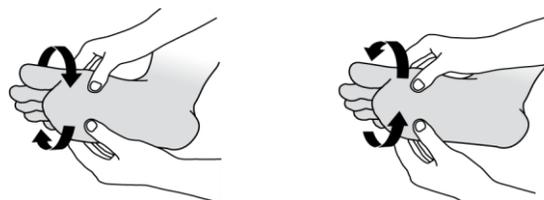
1

Rub down between the bones of the foot.
Rub the muscles along both sides of the foot.



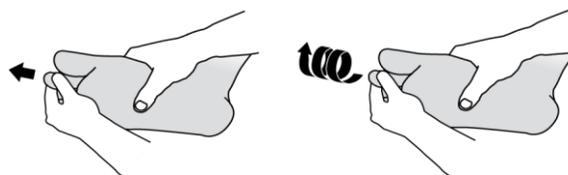
2

Shake up the ball of the foot by twisting the bones back and forth.



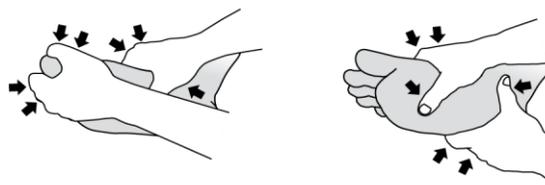
3

Pull out each toe and circle it around several times ("This little Piggy").



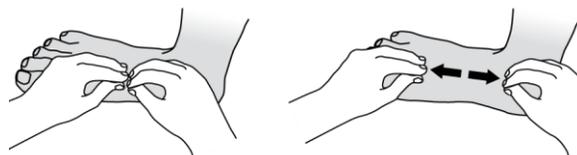
4

Squeeze the foot all over and around the ankle.

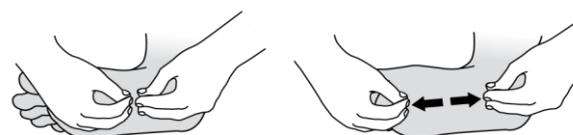


5

Lengthen to Strengthen:
Place fingertips together in the middle of the top of the foot and pull the fingers the length of the muscle fibers out to toe and ankle in opposite directions.



Repeat on the bottom of the foot.
Can also be done over the ankles.



Illustrations by Tyson Chen www.tysonchen.com

Hand and Foot Rub

Special Notes: **Feet:** Rub one foot at a time. While rubbing a foot – use both hands. **Hands:** If rubbing your own hands, one hand will be referred to as the “working” hand and the other will be the “receiving” hand. If rubbing someone else’s hands, use both of your own hands. Use the hand rub if it is not possible to reach the feet.

- 1. Rub between the bones in the foot or hand.** **Foot:** Place the thumbs on the underside of the foot for stability, place the fingers down between the bones of the top of the foot, and rub intensely pushing into the muscles. **Hand:** Place all of the fingertips of the “working” hand between the bones on the “receiving” hand and rub down each line leading to the fingers.
- 2. Rub the side of the foot or hand.** **Foot:** Place the hands on either side of the foot and rub deeply along the edge. **Hand:** Use the thumb and index finger of the “working” hand to massage the edges of the “receiving” hand.
- 3. Shake up the bones.** **Foot:** With both hands, twist and move the ball of the foot to free up the bones. **Hand:** Use the opposite hand to wiggle the bones in the hand back and forth.
- 4. This Little Piggy.** **Foot:** Pull out the big toe, circle it around for several rotations, and continue with each toe. **Hand:** Pull out the thumb and circle it around for several rotations, continue with each finger.
- 5. Hugs.** **Foot:** With both hands, grasp all over the foot, little squeezes to awaken all the muscle fibers. **Hand:** With the “working” hand, grasp the “receiving” hand and give little squeezes to awaken all the muscle fibers.
- 6. Lengthen to Strengthen.** **Foot:** Put both hands together in the center of the foot and pull the hands apart along the length of the foot towards the ankle and the toes. Each hand will go in a separate direction. Repeat along the muscle fibers on the top of

the foot, and then repeat on the bottom of the foot. **Hand:** Put the thumb and pointer finger together on the “working” hand. Place them on the back of the “receiving” hand and open them opposite from fingers to wrist. Repeat all along the “receiving” hand and continue in the palm and along each finger as well.

An Introduction to Standing

The Nine Points of the Foot:

"Standing Down Straight"¹ and being centered over the Bubbling Springs, with awareness of the Nine Points of the Foot, is the beginning of understanding how to find center and maintain equilibrium. Begin by standing shoulder width apart with the feet facing straight forward. Feel the weight of the feet. Feel the Nine Points. Notice the pads of each toe and identify if they are connected to the ground equally for each toe. Notice if the heel is in contact with the floor, if the outside of the foot is in contact with the floor, and if there is awareness of the ball of the foot at the big ball joint of the big toe and the little ball joint of the little toe. Every point should have awareness and be sending information back to the brain. Notice if the weight of the body is equally distributed across all the points. If there is more weight

pushing down into the big ball, there may be collapsing in the arches. If there is more weight in the heel than the ball or toes, there may be locking of the quadriceps in the thigh, locking of the knee joint, or stiffening through the hamstring. If there is more weight into the toes, there may be gripping of the floor to intend to provide more support from falling forward.

Balancing in the Chi Stance:

The "sweet spot" is just below the ball of the foot. It is called the "Bubbling Spring" in Tai Chi and Qi Gong techniques. It is located on the base of the foot just at the base of the ball of the foot. It is also known as Kidney 1 in Acupressure points. When the weight is placed on the "Bubbling Spring" and the joints are all relaxed through the ankle, knee and hip, the body is able to bounce and reflect its contact with the ground. Many people stand in a tense formation with their joints tight and their muscles gripped for quick reaction. This is the result of our stressful lifestyles that keep our body in "fight or flight" response, and our adrenal glands overworked to support our stress. "Standing down straight"

or **Balancing in the Qi Stance** can completely change the way the body reacts with the surface of the ground, and the muscles may soften and become suppler just from their new position. Play with this position by leaning back into the heels and locking up the knees, then try to jump. Notice what the body feels like and how the desire to jump is not pleasant. Now push the weight down into the Bubbling Springs, relax the knees and find the bounce created by relaxed muscles. Now try to jump. Notice what the body feels like as you push off the ball of the foot. Feel how the rest of the body responds. Notice how easy it is to leave the floor and to land with support through the joints. This is what you want to feel like all day long.

Once the connection is made with the feet into the ground, the posture can be considered. By pushing into the ground and feeling the connection this creates, the body can be pulled up through the legs, the hips, the spine, the shoulders and into the neck and head. If the resulting extension of the body can extend out the top of the head, but at the back portion of the top, then

full alignment of the body can be achieved. With our computer age and many jobs being desk jobs, our spine and alignment has adapted to have more of a neck forward posture with the chin pushing up and the neck sweeping forward. This posture leads to hunched backs; lower back pain; decreased lung capacity; compression and stress on the heart; headaches; neck mobility limitations; hearing, swallowing and digestive challenges, to only name a few health issues.² When standing in the "Bubbling Springs" and connecting the ears, shoulders, hips, knees and ankles into a straight line, there is a full extension of the spine for ease of stance and full engagement of the muscles associated with posture.

¹Seigenfeld, Billy. Standing Down Straight: Jump Rhythm Technique's Rhythm-Driven, Community-Directed Approach to Dance Education. USA: Journal of Dance Education. Vol 9 No. 4, 2009, pp 1 – 3.

²Liu, Hui and Sharilyn Chun. Dayan Qigong: An Ancient Health System for Today's Modern Life. California, USA: Wen Wu School of Martial Arts, 2006, p 60.

Introduction to Sitting

To begin active sitting, place the "Bum Bones" or the Sitz Bones, (tuberosity of the Ischium), evenly on a chair. It is preferable to sit on the forward part of the chair unless the rise is too high at the front and the

body needs to be further back to take pressure off the Gluteus Maximus or the Hamstrings. Connect the feet to the floor with full contact and the legs about shoulder width apart. Close the eyes and feel where the pressure is in the body. Very often people will sit forward with the shoulders in front of the hips. Feel where the shoulders are and move them over the hips. The hands can comfortably rest on the thighs. Feel the extension of the spine up the back of the head, and feel the energy pull up and out the top of the back of the head. This head position keeps the chin from lifting above the base of the skull. Find the place of no effort and feel the floating sensation that results from this position. Open your eyes and bring this awareness into action and every day activity.

In the "Way of Qi Gong", the typical concave posture, forward rounding of the shoulders and backward curve of the spine, that many people adopt, creates "a great deal of pressure on the heart. Instead, the sternum is sunk down and relaxed. The point is not to raise or puff out the chest. Lifting the sternum creates tension in the diaphragm and makes abdominal respiration more difficult." Further, lifting the back to

extend and lengthen opens the circulation of qi. “Lifting the back helps the yang, heavenly qi, to rise up the back. Sinking the chest helps the yin, earthly qi, which flows along the front of the body, to sink toward the ground...create[s] greater internal harmony.¹

Once the active position is found, take a deep breath to move the diaphragm and expand the whole abdominal cavity. The shoulders will remain relaxed and will not rise with each breath. This ability to breathe fully and completely will allow for the slowing of the breath rate as well as the exchange of oxygen within the lungs, especially stagnant air that may have been trapped by poor posture.² As the Qi flows freely through the body from foot to head and back again, the body is able to use energy, create energy and store energy with each breath. The connection of the feet in the floor allows for grounding and stability to link all the posture together.

¹ Cohen, Kenneth. The Way of Qigong: The Art and Science of Chinese Energy Healing. Toronto, Canada: Random House of Canada Limited, 1997, p 92-93.

²Lin, Chunyi. Breathing of the Universe. Website: www.springforestqigong.com. Also, notes taken from a Qi Gong talk by Master Lin with Healing with the Masters Series and Jennifer MacLean – 2012.

Breathe Deeply

Taking big breaths and exchanging all of the air in the lungs is important for the whole body's health. There are several activities to use for this. First observe where the air is coming from at present. How deep is the breath? Does the stomach move with each breath, and is the breath slow and full? What is the usual posture held while breathing, and does it support adequate breath? Pay attention to how your chest cavity feels. Notice if the top of the chest rises and falls, if the diaphragm expands or contracts, if the stomach moves out and in. Do the shoulders rise with the breath? Is the neck held with tension while you breathe? Is your jaw clenched? Is your mouth open or closed? Do you breathe through your nostrils? Are both nostrils taking in air equally? Does the air seem to whistle or have congestion associated with it?

Breathing is absolutely vital for a strong body. Most people breathe with a shallow breath from the top of the chest cavity. They breathe because the body takes care of it for them, and as long as the pathway seems clear, breath is not given much further consideration. According to Chunyi Lin, a Qi Gong master and energy worker, 40% of a person's air stays stagnant in the lungs and is never exchanged. Within this air can

be toxins, heavy energy, virus, fungus, emotional blocks and more. This air can contaminate the other 60% that may be exchanged throughout activity in the day.¹

We need to feed our body with each breath that comes into our lungs.

We need to breathe deeply and fully to exchange all the air in our lungs so that no stagnant air can remain to keep toxins in our systems.

Optimally, Chunyi Lin expresses this idea as less than six deep breaths per minute for the fifteen minutes.²

Once you have noticed your breathing, extend one arm out straight with the palm facing up. Pat the palm of the other hand from the shoulder, of the extended arm, down to the inside of the wrist and out to the end of the thumb. This usually takes about 5 seconds to tap down the area and is usually repeated with three more passes from shoulder to thumb tip. Repeat on the opposite arm. Breathe in and notice any changes.

Just this little energy shift can change the way you are bringing oxygen into your body. As well, this change in energy can be felt throughout your body with a deeper level of concentration and awareness. This powerful exercise opens the bronchial passages as you tap down the

lung meridian, and can be used to assist breathing during asthma, bronchitis, pneumonia, a cough or emphysema.

¹Lin, Chunyi. [Breathing of the Universe](http://www.springforestqigong.com). Website: www.springforestqigong.com. Also, audiotape from Healing with the Masters with Jennifer MacLean 2010 with Chunyi Lin.

²ibid

Taking the Stairs

Going up: Use of the power of the floor is essential to making the steps easier. Begin by facing the stairs straight on and placing the whole foot on the step. Feel the 9 points of the feet connect to the surface and then push down into the foot. As you push into the foot, the body freely rises and the opposite leg swings at the hip in a forward motion to start the raising of the leg for the next step. The hip is designed as a hinge, and it swings forward on its own. With the power going into the foot, the push becomes the success of physics and the proper application of force. For balance, lightly place the fingers on the railing that is available, try to avoid gripping the railing, but to just use it as a guide.

Going Down: To begin down the stairs, place the fingertips on the railing that is available, this will only be for balance. Choose one leg to begin the descent and lower the body on that leg until the other leg has the chance to be lowered to reach the next rung on the step. Once this position is reached, put the weight of the body into this new leg, and allow the opposite leg to swing forward to begin its descent to the next stair. Sitting back on the leg as you are lowering the body is known as a onelegged Don Yu. The technique for holding this position is to let the tailbone extend back slightly, bend at the hip and keep the knee in line with the second toe of the same foot. This straight alignment keeps all the power in the leg where you want it for maximum strength and support.

Spine Rotation

The external workings of the Spinal Rotation are very simple. Using the Sitting Stance that is lifted and relaxed, the arms are placed in front as if the hands are holding an imaginary ball. The elbows are extended to about a 140-degree angle, with the elbows approximately a fist width away from the ribs. With the feet shoulder width apart, and the feet

firmly planted on the floor, push into the right foot with slight pressure, and the spine will rotate to turn the upper body. Keeping the spine lifted and straight, the spinal column acts like a central core for the body to rotate around. The turn is only 45 degrees to the left so that the center of the imaginary ball is in front of the center of the left knee. Many people try to turn as far as they can go. This extra push to get to the furthest capable distance is using the 100% rule, rather than the 70% rule of capabilities. As well, past the 45 degrees there is an imbalance in muscles as they contract or extend with greater force to accomplish the task. This is no longer relaxation, but tension in turning.

As the turn to the left is completed, notice how the muscles feel in the body. Is there any tightness that is uncomfortable? Is there a spot that is more contracted than another spot? Did the body turn too far? Now push into the left leg and let the body rotate back to center and then over to the right 45 degrees so the imaginary ball is centered over the right knee. Notice how this feels. Is it the same sensation as felt on the left side? Is everything feeling balanced?

The movement is very simple and very powerful. The external rotation helps to balance muscles corresponding to the spinal positions being rotated at each vertebra while whole body movement is stimulated. And the spinal column is stimulating through to nerve endings, muscles and tissue. On an internal level the Spinal Rotation influences many systems we cannot see, these include the Meridian pathways, the Organ systems, the Circulatory system, and the Lymphatic system to name a few. The Tai Chi set, and many of the Qi Gong movements involve turning and spiraling of the muscles and tissues at all times. This rotation is designed to work on different areas of the body to maximize the internal benefits. Again, if the rotation is too far, then the tension created will block the energy pathways rather than open them.

No Effort, 70% and 40%

The 70% Rule is about understanding what it would take to exert the body to its maximum effort and strength at 100%. Identify this position, and then take a step back to assess what 70% effort would look and feel like. At 100% there would be tension and stress on the body, mind, emotions and spirit

to achieve the absolute. At 70% the effort is producing a "practice towards life."¹

Bruce Frantzis describes the development of supportive movement as the ability to work at the level of the "weakest link".² When exerting effort to the maximum level to achieve strength and endurance, there will be a part of the person that will not be able to sustain this level of effort. To achieve the maximum, there will be a weakening and a letting go of a part of the body that cannot sustain the level of effort. This is when injury occurs, as well as mental blocks and emotional challenges. Recovery then becomes a multilevel program to gain back the full level of ability. At 70% the "rule allows you to make your body and mind work in a more relaxed, efficient, and healthy manner for the rest of your life."³ And, "over time this will allow your absolute level of performance to increase beyond what the "give 100%, no pain, no gain" philosophy will give you."⁴

If the body has sustained an injury at some point, then the rule of 70% shifts to 40%. Once the body has endured an injury, whether that is physical, mental, emotional or spiritual, there is an innate tension that holds the body in a survival mode. This is known as "Fight or Flight", whereby the body either prepares itself for battle, or prepares to run away from the danger. Either way,

there is a tension brought into the body to heighten strength and endurance to overcome the threat to life. The "Stress Response", identified by Walter Cannon, "showed that the major emotions involve the excitation of the sympathetic division of the autonomic nervous system. This excitation leads to many changes in a body's smooth muscles, glands and bodily functions such as increased secretion of adrenaline, increased heart rate, blood pressure, perspiration, and decreased stomach motility."⁵ When the body is moving with only 40% effort, the Survival Mechanism can be kept calm and allow the body to feel secure and safe. It is in this state that movement can be easy and free flowing without engaging a stress/tension response. And, again, as Bruce Frantzis found, the body is able to work back up to optimum performance level with minimal effort.

¹Foley, Patrick, and Jane Launchbury. (December 8, 2011). [The Seventy Percent Rule](http://www.longwatertaichi.co.uk/longwater-system/seventy-percent-rule). Retrieved from <http://www.longwatertaichi.co.uk/longwater-system/seventy-percent-rule>.

²Frantzis, Bruce Kumar. [Opening the Energy Gates of Your Body: Chi Gung for Lifelong Health](http://www.energyarts.com/faq/guidelines-practice/what-70-rule-and-why-give-100-attitude-dangerous). Fairfax, CA, USA: Energy Arts Inc., 2006, p 158. Retrieved from <http://www.energyarts.com/faq/guidelines-practice/what-70-rule-and-why-give-100-attitude-dangerous>.

³Frantzis, p 158.

⁴Frantzis, p 158.

⁵Cannon, Walter. [Bodily Changes in Pain, Hunger, Fear and Rage](http://www.gentle-stress-relief.com/walter-cannon.html). D. Appleton, Harvard University, 1915. Retrieved summary from <http://www.gentle-stress-relief.com/walter-cannon.html>.



Qi YINtegration™ Set 1 Assessment of Movement:

Name: _____ **Date:** _____

Injury Background: (General Comments of what is being felt in the body today)

Assessment of Feet:

Feeling in Feet: (Describe)

Awareness of 9 points of the Feet: (Describe)

Energy in the Feet: Lowest: 0 1 2 3 4 5 6 7 8 9 10 Highest

Walking Assessment:

Walking through the foot straight: Yes/No

Rolling in/out

Heavy heel: Yes/No

Long Stride/Short Stride

Arms swinging: Yes/No A little/A lot

Leg swings forward with step: Yes/No

Hip swings forward: Yes/No Hip is Stable: Yes/No

Other noticings:

Standing Assessment: (Indicate Yes or No and which side is lower.)

Sideways alignment: Ankle, knee, hip, shoulder, ear in line Yes/No Where/How does it deviate?

Front alignment: (Right and Left Parallel to Floor)

Ankles Y/N, Knees Y/N, Hip Y/N, Shoulder Y/N, Ears Y/N, Eyes Y/N, Finger Tips Y/N

Back alignment: (Right and Left Parallel to Floor)

Bottom of Butt cheeks Y/N, Hips Y/N, Shoulders Y/N, Head Y/N

Joint Mobility:

Stand on one foot and notice the level of buoyancy in the joint, repeat opposite:

Right: Fluidity Y/N: Ankles Y/N, Knees Y/N, Hip Y/N

Left: Fluidity Y/N: Ankles Y/N, Knees Y/N, Hip Y/N

Hands: Aches or pains: Y/N Power in Fist: Lowest: 0 1 2 3 4 5 6 7 8 9 10 Highest

Stiff Joints: Y/N Indicate where:

Challenges with hands: (Describe- e.g. Cannot open jar lids, difficulty holding a pen, hard to make a fist, trigger finger):

An Introduction to Standing:

Where is the weight in the foot: Flat/Forward into Toes/Back into Heels

How are the knees: Bent/Floating/Locked back

Where do the arms fall: Behind body/At side/Corner of Thighs

Where is the head and ears: Over the Shoulders/Behind the Shoulders/In front of the Shoulders

Where is the abdomen: Forward of Hips/In line with Hips/Behind Hips

Position of Shoulders: Shoulders pressed back/ Shoulders raised/Shoulders rounded Forward

Position of Sternum: Raised up and forward/ Collapsed with rounded shoulders/Sunken

Breathing: With shoulders raising/Upper chest moving/Diaphragm dropping/abdomen expanding

No Effort and the 70% Rule:

Do you prefer to push your body as far as you can go? Y/N

Do you have an injury that you flare by trying to find your limitations? Y/N

Do you know how to find 70% Effort? Y/N Can you find it on your own? Y/N

Do you know how to find 40% Effort? Y/N Can you find it on your own? Y/N

Have you ever felt what no effort is? Y/N

An Introduction to Sitting:

Where do you usually sit? (Describe)

Describe your favorite position for sitting?

Do your Bum Bones connect with the chair? Y/N

Does the Tailbone and Spine roll on the chair? Y/N

Are both feet connected to the floor? Y/N

Do you cross your legs most of the time? Y/N Which leg? Right/Left

Do you have a different level of flexibility when crossing your leg? Y/N Right more open/Left more open

Where is the spine while sitting? Curved back/Arched Forward/Straight

Where is the head in relation to the shoulders? In line/Back/Forward

Are the shoulder blades squeezed back? Y/N

Is the Sternum sunken with free shoulders? Y/N

Do the shoulders round forward with the Sternum dropped? Y/N

Is it easy to belly breath while sitting? Y/N Is there upper body breathing? Y/N

Do you feel alert while sitting? Y/N

Spine Rotation:

Can you turn the head 90 degrees to the right? Y/N How far? 10/30/45/60/90/120 degrees

Can you turn the head 90 degrees to the left? Y/N How far? 10/30/45-60/90/120 degrees

Are the right and left sides equal? Y/N (Describe)

Can the spine stay straight while rotating? Y/N Does a shoulder drop? Y/N Right/Left

Is there any tightness in the back with the rotation? (Describe)

Is it easy to maintain belly breathing while rotating? Y/N

Taking the Stairs:

Do you find it difficult going up the stairs? Y/N

Can you step with the feet straight forward and use the railing only for balance? Y/N

Do you lean into a hip to lift the next leg? Y/N

Do you run up the stairs? Y/N Do you run down the stairs? Y/N

Do you have enough strength in the legs to go up the stairs? Y/N

Do you find it difficult to go down the stairs? Y/N

Can you keep the feet forward going down the stairs and use the railing only for balance? Y/N

Do you swing into a hip to make the next step? Y/N

Do you have enough strength in the legs to go down the stairs? Y/N

Do you avoid using the stairs? Y/N

Do you avoid going places where you might have to use the stairs or a step? Y/N

Breathe Deeply:

Where do you usually breathe? Chest/Chest with Shoulders/Abdomen

How often do you engage in deep breathing? Never/Once a day/Throughout the day

For how long will you do deep breathing? 2min/5min/20min/1-2hours/more

Do you feel anxious/depressed/fearful/sad every day?

Do you notice when breathing changes throughout the day? Sitting/walking/thinking/running

Do you do any exercise that moves the shoulder seams with big arm movements? Y/N

Do you do daily exercise that changes the way you breathe? Y/N What kind?

How long?

Do you know how to belly breathe? Y/N

Goals of the Client now that they have assessed their present position:

Note Specific Changes to the Body after Introducing Each of the Set 1 Exercises to the Client:

Recommendations for use of the techniques:

Follow up after one week with the techniques:

Follow up after one month with the techniques:

Challenges faced with continuing to use the techniques:

Building a Qi YINtegration™ plan to Build Energy

1. Do the Set 1 Assessment of Movement and make note of challenged areas before starting exercises.

2. Muscle Test the Energy Level of the Body: Lowest 0 1 2 3 4 5 6 7 8 9 10 Highest.
3. Muscle Test to determine which exercises the body would like, which order and how many repetitions or minutes are required.
4. Complete the exercises.
5. Reassess the physical body and the challenged areas.
6. Muscle Test the Energy Level of the Body now: 0 1 2 3 4 5 6 7 8 9 10
7. Identify where the body requires more assistance with changing habits.
8. Muscle test to see if the body requires any assistance before going to bed.

Exercises:

Exercise	Challenges Noted	Recommendations	Homework
Feet First System™			
Hand Rub			
Standing			
Sitting			
Spine Rotation			
Breathing			
Stairs			
Effort – 70%, 40%, No Effort			

APPENDIX E: Information and Consent Letter

AKAMAI UNIVERSITY

**FACULTY OF COMPLEMENTARY AND ALTERNATIVE
MEDICINE: Energy Kinesiology
RESEARCH ETHICS COMMITTEE
Dr. Ruth Hine, Chairperson
INFORMATION and CONSENT LETTER**

Dear participant,

The retrospective collection of interviews related to the “Qi YINtegration” and “Tai Chi 7” programs are designed to provide insight into the extent that energy medicine tools can provide a self-empowerment as well as a self-care protocol for the general population to support their own health and wellness.

The interview will be open ended (without specific or directed questions), providing you with the opportunity to share insights into the process of your own self-empowerment and self-care with the tools experienced while in the Qi YINtegration or Tai Chi 7 program. This is a voluntary process that can be completely anonymous, and you have the right to withdraw your participation at any time during the process. There are no risks involved in the interview process. Video footage will be taken to collect the full dialogue, but a synopsis of the discussion will be compiled for going forward with the insights collected.

The principal investigator is Michelle Greenwell (Master’s Thesis candidate).

If you have any queries or would like more information about the project please contact:

Michelle Greenwell (info@dancedebut.com)

This research study has received Ethics approval from the Faculty of Complementary and Alternative Medicine Research Ethics Committee DCRHH 04 April 2018. If you have any concerns about this study or your participation and wish to contact an independent authority, you may contact:

Chairperson Complementary and Alternative Medicine Research Ethics Committee
Dr. Mary Jo Bulbrook maryjo@energymedicinepartnerships.com

Thank you for your contributions to this effort,

Michelle Greenwell

APPENDIX F: Long Consent Form

Informed Consent

Research Project: *Self-Empowerment in the Healing Process: An exploration of Energy Kinesiology techniques to enhance personal decision-making and provide tools for maintaining wellness and health*

Introduction

You are being invited to take part in a retrospective interview process as part of a research study for my Master's thesis in Energy Kinesiology. The information in this form is provided to help you decide if you wish to take part. If you have any further questions, please do not hesitate to ask. If you decide to take part in the study, you will be asked to sign this consent form. A copy of this form will be given to you.

What is the purpose of this research study?

The purpose of this research project is to shed light on a new approach to self-care for health and wellness. The historical medical model of care is focused on medical authority for decision-making vs. an informed empowerment model for self-care in health and wellness issues and focus regarding your personal journey to health self-care empowerment.

Why are you being asked to participate?

You are being invited because you have been a student in Qi YINtegration and your perspective and experience could be beneficial to the research information being sought.

How many people will be asked to participate in this study?

Approximately 10 persons will be asked to participate in this study.

What will happen during this study?

We will choose a meeting time and video tape the interview session for a record of the information exchanged. This information will be compiled afterwards to pull out the pertinent information to the study and will be written

up in the final thesis paper. The video will only be for recounting the interview and will be secured and stored at the researcher's office. When it is no longer needed, it will be destroyed. The final write-up for the paper will be shared with you to determine if the recount is to your satisfaction for sharing.

How long will I be in this study?

Maximum of 1 hour.

Are there any risks to me?

You will have complete control over the topics of discussion related to Qi YINtegration and your experience with the course and with the material. If at any time you do not want to share something, it is your right to withhold details. By sharing your story, you do grant permission for your story to be told, but it can have complete anonymity if you choose it to be so and take out items you choose.

Are there any benefits to me?

There is no monetary gain from your participation in the interview, but you will gain insights through your storytelling that may assist you going forward with your health and wellness journey.

Will there be any costs to me?

Aside from your time, there are no costs to participation.

Will I be paid to participate in the study?

No

Will video or audio recordings be made of me during the study?

Yes, video recording.

- I give my permission for audio/video recordings to be made of me during my participation in this research study.
- I do not give my permission for audio/video recordings to be made of me during my participation in this research study.

Will the information that is obtained from me be kept confidential?

Your records will be kept confidential, but the story that unfolds will be shared. The sharing of your story can be anonymous, or the first person used. That will be at your discretion.

What if I am harmed by the study procedures?

As this is an interview process, you can stop at any time. It will be up to you to decide what you wish to share and what you withhold. There should be no risk for you in sharing your experience

May I change my mind about participating?

Your participation in this study is voluntary. You may decide to not begin or to stop the study at any time. Your refusing to participate will have no effect on our relationship, or your involvement in future classes.

Whom can I contact for additional information?

Principal Researcher: Michelle Greenwell
info@dancedebut.com
902-945-2967.

Your Signature

By signing this form, I affirm that I have read the information contained in the form, that the study has been explained to me, that my questions have been

answered and that I agree to take part in this study. I do not give up any of my legal rights by signing this form.

Name (Printed)

Participant's Signature

Date signed

Statement by person obtaining consent

I certify that I have explained the research study to the person who has agreed to participate, and that he or she has been informed of the purpose, the procedures, the possible risks and potential benefits associated with participation in this study. Any questions raised have been answered to the participant's satisfaction.

Name of study personnel

Study personnel Signature

Date signed

APPENDIX G: Consent Form Completed

Akamai University

FACULTY OF COMPLEMENTARY AND ALTERNATIVE MEDICINE: Energy Kinesiology RESEARCH ETHICS COMMITTEE

Consent Section:

I, the undersigned, declare that I am willing to take part in research for the project entitled

Self-Empowerment in the Healing Process: An exploration of Energy Kinesiology techniques to enhance personal decision-making and provide tools for maintaining wellness and health

- I declare that I have been fully briefed on the nature of this study and my role in it and have been given the opportunity to ask questions before agreeing to participate.
- The nature of my participation has been explained to me, and I have full knowledge of how the information collected will be used. Any original material will be stored securely for 7 years and then destroyed according to UL regulations.
- I am aware that such information may also be used in future academic presentations and publications about this study.
- I fully understand that there is no obligation on me to participate in this study.
- I fully understand that I am free to withdraw my participation at any time without having to explain or give a reason.
- I am entitled to full anonymity.
- I am entitled to full confidentiality in terms of my participation and personal details.

By ticking this box on the survey I acknowledge I have read and understood the consents given above and am willing to participate in the interview process.

Signature of participant

Date

APPENDIX H: Research with Human Subjects Application and Institutional Review Board Approval

APPENDIX H: Research with Human Subjects Application and Institutional Review Board Approval

APPLICATION FORM HUMAN SUBJECTS RESEARCH *Akamai University*

New Research Continuation Research

All research involving human subjects must be reviewed and approved by the Akamai University Institutional Review Board convened to review the specific proposed research. The Approval Form is required as a preliminary page in the research proposal. The proposed research should not proceed until approved by the Institutional Review Board.

All communication from the Institutional Review Board shall be conducted by email from the Research Committee Chair. Notice of requested revisions and final approval will be sent in that manner. The Approval Form must be filed with a complete research proposal, informed consent(s), and related documents.
Date: February 10, 2018

Title of Research: Self-Empowerment in the Healing Process: An exploration of Energy Kinesiology techniques to enhance personal decision-making and provide tools for maintaining wellness and health

Field of Study: Energy Kinesiology

Name of Researcher: Michelle Greenwell
Address: 4614 Route 252, Mabou, NS B0E 1X0

Email: info@dancedebut.com
Tel: 902-945-2967

Type of Research:

Master's Thesis
 Doctoral Dissertation
 Postdoctoral Fellowship

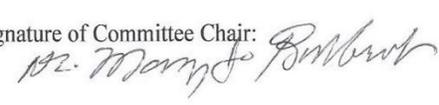
Quantitative
 Qualitative, with video
 Participatory Action

This Application Form must be filed with the IRB Chairperson with a complete copy of the approved research proposal, signed informed consent forms (if applicable), and related documents (surveys, questionnaires, and interview questions).

Signature of Researcher: 

Date: February 10, 2018

Name of Committee Chair: Dr. Mary Jo Bulbrook

Signature of Committee Chair: 

Date:

Feb 10, 2018

**Initial Assessment Report
Institutional Review Board
Akamai University**

Name of Primary Researcher	Michelle Greenwell
Name of Research Project	Self-Empowerment in the Healing Process: An exploration of Energy Kinesiology techniques to enhance personal decision making and provide initial tools for maintaining wellness and health
Field of Study	Health and Wellness
Degree Level	Doctor of Philosophy
Name of IRB Chair	Dr. Ruth Huffman Hine
Initial Modification Reviewer	Dr. Douglass Capogrossi and Dr. Ruth Huffman Hine
Date of Report	04 April 2018

Finding from Initial Assessment	Initial Item
The research project is exempt from further IRB review at this time and is approved	DC/RHH
The research project is appropriate for an expedited review by one member or a subcommittee of the IRB (notes attached from reviewed)	
The research project is subject to full review by the IRB (notes attached)	

REPORT OF FINDINGS

NOTES: Modifications are excellent and the study should proceed.

SIGNATURE OF REVIEWER

Modification Assessment Reviewer

Dr. Douglass Capogrossi

Signature

Douglas Capogrossi

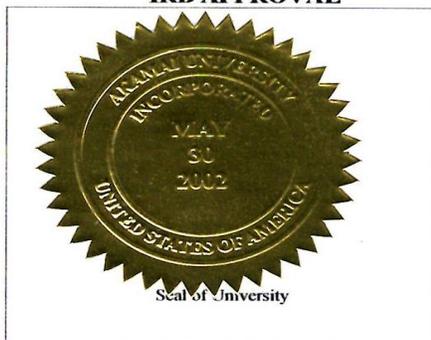
IRB Chairperson

Dr. Ruth Huffman Hine

Signature

Ruth Huffman Hine

IRB APPROVAL



04 April 2018

Date Approved

APPENDIX I: Interview Notes for AB (Participant 1)
July 19, 2018

Permission to tell story and use first name.

Keep going back to food choices, body pendulum – all the time, very strong with this. Shared with some people – at the hospital, the nurse practitioner.

You have to believe what you are doing – let yourself be in tune. The Doctor has commented how well I know my body. Self-diagnosis.

Restless legs – food, drink, alcohol. Get up at 1 or 2 am – usually “commencement” works. Uses the checklist but always commencement – up to 40 reps. Go back to bed, relax and fall asleep.

Checking before bed to see if commencement is needed, or anything else, and if I will be able to go to sleep – it is always right on.

While walking I use the bubbling spring to help with movement. This has helped. I am rolling along rather than struggling. I muscle test the route taken. I have more self-awareness now. If I push too far, I know right away.

I have used muscle testing a lot – but now I have more self-awareness.

Muscle test for salt, and I have a challenge with balance. I have cut back on caffeine, none after 2 pm. In the afternoon I drink herbal tea.

Deep breathing helps – situation when stressful, being in front of people, use deep breathing as it helps to calm.

Foot Rub – once in a while, but not so much anymore. May do mentally if can't do physically. Stairs, not using the techniques so much anymore.

How much of the day is self-care? In the am. Eating, making sure real food and not processed. Totally different grocery collection. Now noticing what others are purchasing. Made a huge change with this. Good food takes time. The steps and eating feel good. Following Naturopathic diet of good food choices. Not frying – using almond flour. Happy with myself – for a long time I was not happy with myself. “I earned my flabby arms”.

Posture – working to keep this up. Exercises for this. Know what is needed and do it when needed. The back is 100% better because it was posture. Walking, standing straight, at computer – standing straight.

Aches/pains – going part time making jam. Will have pain, sit 15 minutes to rest, space out the time. Might be tired in the evening and the

next day fine. Used to be 1-2 days to recover. Take a rest and enjoy it. Accepting and happy with it. Take time for myself.

Anxiety – no medication. If not sleeping right away, will relax and clear the mind. Bubbling brook with tree – see the water bubbling on the brook – go to that place and with the water brings clarity of mind. I have 8 grandchildren to worry about, but can calm and sink into the pillow. I have shared the tools with kids and grandkids. ***If it works – go for it. Even if it's far out there.

Bus tour in the fall – checked on needs before the trip. Scotland 2 years ago – worried then left home. One incident with low salt, but now, no problems walking, no concern on going.

Do you do any goal setting? Healthy, Live long.

I am happy, not grumpy. Very happy with what I am enjoying. Not as irritable as I could have been.

***When you feel good about yourself, then you can feel good about everything else.

The first time I met AB she came to a Tai Chi class for seniors. This was 7 years ago. She was unable to walk much, had a lot of pain in her

center back on the side, had shortness of breath, anxiety attacks while walking, and had to go home and rest after any exertion. Her feet also bothered her and had pain in the feet, lower legs and ankles. Her head tilted to the side and she was shorter on one side due to the collapse in her waist and ribs. She was apprehensive about doing anything that might make things worse. The Tai Chi classes became Qi YINtegration classes, and when AB was introduced to muscle testing, she was hooked. She took the checklist home and played with all the exercises presented during class time. We began to work on her posture and the lengthening through the spine to relieve the pain and to expand her breathing. Learning about 40 and 70% effort was a huge concept as AB loved to make jam and honey and she would spend hours at the counter to fill all the jars. After a session of cooking it might take her several days to recover and she would spend most of this on the couch.

There were several memorable moments in class with AB. First, we devised a checklist of possible walking routes – short, long, uphill first, flat only, downhill then uphill etc. This checklist was a way for her to not exceed her energy level and she trusted the muscle testing. Next was the ability to stand up straighter and to lengthen through the spine. After several classes AB commented that she no longer had panic attacks while

walking, and in fact, soon she had stopped taking her anxiety medication as she didn't feel she needed it anymore. One day she realized that perhaps she had not really needed her pacemaker, she had just fallen into such poor posture that it had been condensing on her heart. This was a pivotal moment of discovery. She never looked back from this time. Lastly, the use of muscle testing and the checklist meant that AB always had a way to check and see what she needed. She wasn't in to doing much with Tai Chi class, but the short movement options worked well for her to be able to quickly do what she needed.

One of the biggest challenges that AB had faced her whole life was being the chosen one that her siblings were measured to. This created problems when AB no longer felt that she was that perfect child. Her body image was not what she wanted, and her ability to do things and be vibrant were no longer a part of her life. She really struggled with hating parts of her body.

AB and I stopped sharing class about 3 years ago. Whenever I have seen AB in the community she has reiterated how she has been using muscle testing and the checklist faithfully. Her restless legs cause her a lot of problems for many years, and she found that inevitably "commencement" would do the trick to release the energy and let her go

back to sleep. The deep breathing was very important to her, and she pursued other programs to develop relaxation and calmness. Realizing that the power for her health was in her hands, Anne adjusted from class with me to consulting with a Naturopath and making significant changes in her diet and living style.

The opportunity to interview AB was wonderful. To see the vibrancy with which she moves and expresses herself is dynamic. More significantly, her love for herself and her acceptance of her body and her position in life meant that she had an overall satisfaction for living that was keeping her energized and vibrant. Muscle testing and 40 – 70% effort were daily tools for her, and the continuation to make sure her posture and back were supported meant she had continued to take initiative for her self-care and its continued strength for her. The release of all the painful parts of her body was inspiring. And, her continued dedication to make sure she held her posture as straight and strong as possible was empowering through her actions.

AB has now tried to share her tools and perspective about happy living with others. Particularly, she has focused on assisting her grandchildren and other family members with learning the techniques that could support them too. Some have used the techniques; many have

thought grandma was a little different with the kinds of techniques she was sharing. But, overall, she is inspired to keep sharing.

Phrases that stood out in the interview:

1. When you feel good about yourself, then you can feel good about everything else.
2. You have to believe what you are doing – let yourself be in tune

Words to Code?

AB

Tools: Body Pendulum

Food

Shared tools with others - the essence of empowerment

Believe

Know body

Restless leg - commencement

Before Bed

Walking - bubbling spring

MUSCLE TEST Route for walking

Self-awareness

Know limits

Muscle test - Self-awareness - less muscle test

Muscle test salt

Deep breath for stress

Foot Rub - not so much anymore - but can do mentally

Happy with self

Self-acceptance

Posture - continuously working on this

Aches/Pains - pace out tasks like jam making

Anxiety - no longer on medication, visualizations and deep breathing to calm, share with family and grand kids

"If it works, go for it. Even if it's far out there."

Begin big travel trips - worked through anxiety, have tools and use them.

"When you feel good about yourself, then you can feel good about everything else."

APPENDIX J: Interview Notes for EG (Participant 2)

July 2, 2018

Permission to tell story and to use first name.

Mentally, EGs uses Qi YIN throughout the day. When she is watching tv she will do figure 8's with her feet, the foot exercises. She knows it is good for her.

She uses the body pendulum to muscle test and will ask the body what it needs.

She uses Injury Recall Technique and is faithful to that most days.

In her everyday life she began with Qi YIN and then added Tai Chi, something she never imagined she would be able to do.

When piling wood she uses Don Yu and Tor Yu principles.

She believes her arms are stronger from doing the seated form of Tai Chi.

She enjoys the energy to do the tasks she needs to and paces herself.

Stress reliever – ESR's – automatically uses this when stressed, happens without even thinking about it.

Multiwave oscillating pendant has helped too. Dec she added it, and she has had no colds since and feels the cells must be regenerating. If the pendant is in her pocket it is not the same. She notices the difference but can't articulate what the difference is.

Pain – in left knee – thought she would need surgery to replace the knee, but now there is no pain. Standing is a challenge with her fused back, and if she can walk with a walker rather than a cane, she finds her posture can be straighter. She was taught to be locked and stand straight, but now she realizes that she needs to relax to be straight and standing.

She finds that once she has learned something it just kicks in. When she is in church and it is hard to keep sitting, she will stand, but stand relaxed so that her body is not tense anymore.

Her legs have strengthened. She is more conscious of being hydrated.

Exercises – Kundalini in particular – great exercise – and she can now stand for all of it, as well as most of the 5 Element Set with Sound and Color.

She can't remember the moves, but she has more mobility with all the moves.

The only new thing she is doing is Qi YIN and Tai Chi, she has nothing new from the doctors to help her with her physical pain.

She has passed knowledge to her kids and friends when it is helpful for them – e.g. Stress, vertigo protocol

Through the 7 sets she is now enjoying the refresher. Stairs, foot and hand rubs – you don't forget them, you just do them.

She is careful on the stairs with her challenges, and will avoid them if she can, but now knows how to properly use them to minimize pain and challenge.

Meridians and Chakras – would like to have more time with them learning. She likes Injury Recall or IMMe, she likes the psychological thought that she did something rather than ignoring it.

When EG first came to Qi YINtegration class, she was brought in by a friend. She had extreme pain, walking was very painful with the cane, she had no leg strength to get in and out of the chair or to come up the stairs into the hall, she drank almost no water – usually black tea, and she was very apprehensive about moving or trying much with movement because of her physical limitations. A member of the local meditation group, she did meditation, but she didn't really do much with movement. If she had a task that needed to get done, she would take her painkillers, do the activity until it was complete (regardless of pain or consequences to her energy), take more pain killers and then rest until she had recovered from the activity. This could often take several days.

When we began to do the movements in Qi YIN, EG would insist on standing and not sitting until she could no longer stand the pain anymore.

It was a failure to not be doing what everyone else was doing and how they were moving. With time, EG found the exercises were easy to do and remember. Muscle testing, particularly the body pendulum, was a challenge with her movement and standing. It took her a while to trust that the muscle test was giving her the correct answers, and often I would have to be the surrogate for her to trust the results, or at least have a direction to continue whether she trusted the results or not.

Although there are some pains that are with her all of the time, overall, she has had a reduction in the level of pain, location of pain and occurrence of pain. Her ability to use the body pendulum has changed dramatically. She is quick to muscle test, and often feels the shift before it happens. Her level of trust for the muscle testing is now there. EG has become our resident expert in the seated form of Tai Chi. She is aware of how to do all the moves without prompting, guides others on how to do the movements, and is often observing the class to see how they are moving and if she can add any guidance from her observations. She has given others permission to sit and do the exercises by her example, and she speaks with a level of authority when she shares her insights.

Her willingness to identify limitations has her now doing tasks in small increments, observing energy levels, using tools to replace energy, and to

assist with recovery from tasks that were physically challenging for her. She used to arrive grumpy and fatigued to class, and now comes smiling through the door, chatting and eager to see everyone.

One of the most interesting changes has been in Qi YIN. Where she would be reserved or questioning of a task, she now gives it a try, provides her feedback or story, and doesn't want to miss anything. While we have been working the last few months on vision mapping and creating the vision of what you want, she has identified that she has what she wants and is satisfied with it. So, instead of focusing on herself and creating more shifts, she is observing and helping others with learning and with vision. This shift from herself to others has endeared her with the class, and also created a nurturing atmosphere for us all.

Her physical ability has allowed her to learn more complicated movement patterns, she easily gets in and out of a chair, she navigates the stairs with minimal effort, she will often finish her water bottle in class, rather than just bring it in and take it home. And, she is eager to learn more about the energy field and how she can enhance her energy. There are many smiles each day, as well as an ease and a peace that comes with having EG present. EG is living a life that is full of energy and vitality and she has

released the need to worry that cancer will return or that pain is a continual decline of the physical body.

The quote that resonates the most from the interview is:

EG finds that once she has learned something it just kicks in. “When she is in church and it is hard to keep sitting, she will stand, but stand relaxed so that her body is not tense anymore.” Every day activities have a new way of happening, and they just happen with no effort.

APPENDIX K: Interview Notes for RM (Participant 3)

July 2, 2018

Permission to tell story and to use RM

RM heard stories of Qi YIN from EG for two and half years before she joined the class. She did not do Set 1 and 2 originally but joined class at Set 3 when the information was focused on the different energy field aspects: Auras, Chakras, Assemblage Point, Hara Line. She was interested in learning more about Energy Medicine. She was also grateful for the program to be offered in such a rural area and so close to home. It was a missing link for her.

She had challenges with nutrition, supplement choices, she had chronic heavy metal toxicity. Arthritis in knee and shoulder and couldn't do exercise. She quickly discovered that her fears were unfounded about her abilities. She could sit in a chair and participate. Qi YIN led to Tai Chi over time as she realized she was capable of doing more and that Tai Chi was not as hard as it looked.

The use of Qi YIN has proven to provide her with more energy, to be full and more like her real self. The more she was learning and applying, the better she was feeling.

Two months ago she had a brain bleed. Having tools and techniques to use helped to speed up the healing. Qi YIN provided a better state of being for healing. She had a miraculous recovery. Where she had lost the confidence to walk and her gait was awkward, her writing was illegible and her right side afflicted, all her abilities have returned. She feels that if she had not learned the tools previously, her road to recovery would have required rehabilitation at a facility for 6 weeks as well as other detriments without her knowledge of movement and energy.

She likes that Qi YIN opens the field of Energy Medicine for people, everyone can use specialized kinesiology tools for themselves, everyone can do it, and the modalities or depth of learning has been incredible.

She uses tapping the meridians, foot rub (morning and night), class topics have been very helpful, knowing and having information at her finger tips and been empowering. Pain to tool – easy flow of information.

5 Element set with Sound and Color has helped realize that Tai Chi is possible.

She is able to keep from hurting through movement. Energy is self-loving and can heal thing on our own.

The Medical Model – she has found a great family doctor as a result of her brain bleed, and she knows that she has to trust them and can trust them to

have her best interest at heart, and that their care kept her from dying. She has accepted that taking medication is ok as it is keeping her alive and she is grateful for this. And, by adding her CAM tools she is able to assist herself to do more and be more.

She has gained strength, flexibility, coordination – using movement to heal is incredible.

When you move in the body you are more alive. Stairs – she couldn't do them before she would go sideways one step at a time. Now she walks them with ease, not something to avoid, or a hurdle to overcome. She can go over the dunes to the beach now, and she couldn't do that before. She has a new lease on life. She recommends Qi YIN to those she sees could benefit.

She uses muscle testing for foods and supplements

“I trust what I think because I can check with muscle testing”

RM first came to class because others encouraged her. Her mobility was limited, and she had many aches and pains. She was excited for the information in class, but apprehensive that she would not be able to do most things. Her ability to climb the stairs to get into the hall meant a painful climb that was sideways with the one step at a time. Her

coordination was slow and limited, and she would tire easily. RM was interested in learning more about Energy Medicine and the energy field, so she persisted with jumping into a class already in session. This was her first brave act. As she discovered that she was capable of doing more and gaining strength, she worked with EG to build the courage for them both to stay for Tai Chi class and give it a try. Thinking she would need to learn the seated set it quickly became apparent that RM had strength and stamina to learn standing. She was challenged to be able to bend at the hip and to sit back onto her leg, and this kept her mobility at a standstill for a while until she committed to this new position of moving. As RM became more familiar with the techniques, she began to apply them at home and share them with others. Coming with EG kept the two motivating and supporting each other.

One of the greatest achievements to witness with Qi YIN was RM's brain bleed. She was very much afraid of the medical model, hospitals, medication, tests, radiation from tests, and doctors – not trusting doctors. When she discovered that her fainting and dizziness was due to a brain bleed, she was more fearful of how in depth she would become entrenched in the medical model. Muscle testing became a close friend as she was able to test for making choices, assist herself nutritionally with energizing

foods, and she had tools to adjust her mental processes to accept the medical model and to navigate it into a place for positivity and healing. She used the foot exercises, sitting and standing principles, no effort and the 70/40% rule. She also trusted remote healing and the power of her tribe. She reached out to the meditation group, the Tai Chi group and the Qi YIN group. Everyone was able to send healing energy her direction to support her recovery. Where they thought she would require rehabilitation for at least 6 weeks, she was able to return home and get right back into Tai Chi. Within a week she was doing the standing set and her gait returned to normal. Although she was not keen on medication, she was able to know that it would not be forever and that she had the tools to change what she could, and to trust the medical model to do the rest. This was really a great testament to how Qi YIN and Tai Chi was able to empower RM and provide her with confidence and hope.

Keen with observation and sharing, RM is a great asset to the class. She wears the color of the day, every day, and is full of smiles, optimism and gratitude. She has put her health experience into perspective and has really been able to move forward. She tries not to miss a class and is always taking notes to keep her journal of activity and change at her finger tips.

Quotes that stand out from RM:

Energy is self- loving, and you can heal things on your own.

I have gained strength, flexibility, coordination – using movement to heal is incredible.

When you move in the body you are more alive.

I trust what I think because I can check with muscle testing.

APPENDIX L: Interview Notes for RG (Participant 4)

June 26, 2018

Permission to use first name and to tell the story

Part of recreation program – talk to body and find wants and needs

Traditionally listen to the body, intuit – the ideas of asking outright was new – food, exercise, building energy

That kept the interest – it was not too fast, but still interesting. Totally different – excites and enjoys, different and works.

Complete awareness of levels to health. Set 2 to 7, different thoughts and concepts. Believe in the fact that you can have greater control with body and brain if use the techniques. Find out more about the self, needs, don't need. More comfortable with the body – doesn't have limitations, but it does.

Intentions work very well. Set intentions before classes and events. Do this on drive to anticipate events. It is ok if things don't work out.

Movement – Tai Chi and Qi YIN work together.

Tai Chi – as a child did lots of physical things. Lots of walking as an adult.

Work progressed and emotional things lead to sedentary life. Qi YIN and Tai Chi have allowed a way back to what had in childhood.

Where stiff, rigid – the body is now free flowing. Opening hips – huge difference to walk and move and dance in the kitchen (big smile here).

Keeps improving. Came at a time when the mindset and time was available to use the program. Not concerned with others – turning inwards.

How life should be: health, movement, thoughts.

Don yu's, Tor Yu's – knees and lifted mobility focused on bending and getting legs stronger. Whole Tai Chi set – not needing to worry about perfection, based on what we are learning.

Not knowing everything is ok. Continual learning process – each class has a highlight – there is a new level with the movement. Ideas come up again in a new class and situations.

Spine is supple. Learn about the physical body and how all is connected.

Pain not the origin of the problem. Assess and find out what the body needs. Be aware of inner workings of the body.

Learn about the energy fields, meridians, vibration affects the body and how it can change the body. Auric fields – see it working and how it works when using the fields. Cutting edge makes it exciting. (giggle), in Cape Breton.

Always something to work on. The ability to put thoughts and feelings to rest. Hardest work to do because you hold on to things.

Tapping

ESR's

Not using as much as would like, but its ok. Don't have to go right at it, it will come up when the time is right.

Can let go of things. Not ready to work, can put in cycle to come back around.

In 3 or 4 years – through lots. From muscle testing to movement – the link of movement to Tai Chi.

Posture – auric field, hara line – big leap but a nice long leap. Good flow

Off camera – Change life for the better, some of it hard but worth it.

Meeting like-minded friends through this. Trusting people and sharing private bits that I wouldn't trust in a lot of people – this is a big leap. Great time with women – helps with time away from husband and has given time.

Phrases that stand out – Pain is not the origin of the problem. Don't have to go right at the techniques, they will come up when the time is right. Qi YIN provides the opportunity to put thoughts and feelings to rest.

The first time I met RG was in a Tai Chi class 7 years ago. She was recovering from two knee replacements and was very apprehensive about

moving, bending or doing anything that would knock her off balance. She participated in the class but was quiet and withdrawn in some discussions. Her ability to sit into the hip and bend the knee was not possible with some of the basic Tai Chi movements. Over the months the class morphed into the Qi YINtegration class and Ruth continued to come and work on learning the skills. She was open to conversations and participated in all that we were doing. Since those humble beginnings added attending Tai Chi class twice a week, and then over the last two years she will attend class up to five times a week. Her movements have smoothed out. She has found the ability to bend at the hip and to let the muscles in her leg support her. Her balance is strong, and she now walks with an even gait. Her enthusiasm to learn more has led her to practice Tai Chi, Loh Kup, Sabre, the Seated Tai Chi set, as well as Qi YINtegration. This past year she added Level 1 or Touch for Health and Therapeutic Touch Level 1. She has been a part of all levels of Qi YINtegration and enjoys the group of ladies that now gather weekly in my home. RG is able to take over a class and lead the group if I am away, and she is eager to help out wherever she can. She has made friends in all the locations that classes are happening, and she enjoys the practice of Tai Chi in the different locations because of all the people she can interact with. The movement patterns that RG works

with have completely changed over the years and in the last year she has really begun to open the hip and release all the tension through the middle of the body. Goal setting has become a daily habit for her as she sets her vision for herself and often her husband, family and friends. She has utilized the different aspects of the materials we cover each week, and easily uses muscle testing, the list of tools, and the resources at her disposal. Her mastery of the tools has increased her confidence and she is willing and able to help others with achieving their skills too.

APPENDIX M: Interview Notes for SL (Participant 5)
July 6, 2018

Approval to use story and initials SL

Self-care routine every day – Qi YIN. Priority and Hologram Finger modes, Meridians, Chakras, Astral Bodies, Tools.

When back hurts use commencement. Then use Complete and Robust finger mode to make sure everything is done.

Sore from being out on the paddle boats, chose colors to energize and did that.

Taken a picture of all the pages and carries that with her everywhere she goes so she always has a reference. Set 1,2,3 movement list is used all the time.

Winter – meridian flow – sweeps, NL rub, neck and shoulders.

Needs to do first thing in the morning to set up the day. Tapping also, EFT.

When things get better you forget about it. Found a match with each piece.

Common emotion – guilt

Pain – emotion, Metal Element, guilt and regret,

Use the techniques mostly for self-care. Also do things with sister, Wilma, and her daughter.

Injury Recall – simple version, use it as first response, tap into ankle.

Retired 4 years ago and returned to Cape Breton Island. Had a high stress job and exercised to reduce stress. Go to doctor, use physiotherapy, take a pill. Now there is a lot of self-care done each day. Massage therapy, chiropractic, naturopath, working to be preventative.

Long road with neck and shoulders, but much improved. Sore foot eliminated after a time. Listens to her body more. Neck/shoulders from computer.

Doesn't use goal setting much. Does Tai Chi. Muscle test for food – quite often, what to do and how long to do it. Love muscle testing. Uses the anterior deltoid often. NL for quads when tired while hiking. Foot Rub – use it after hiking or walking – have shared this one with family and friends.

When needing to fill in. use Meridian sweep, NL, Foot Rub, Foot Exercises. Switches. Meridian Freedom Technique (tapping on each meridian through hands and body). Interested in Energy Field. Finger modes, meridian, NL, Tai Chi, Yoga, no medications, no pain meds.

SL first came to Tai Chi class to do something to de-stress about 4 years ago. Attentive to details, she was quick to learn the set and to be able to lead others by calling the moves and keeping the group together. She

enjoys using all the basic techniques that have come through Tai Chi class as well as Qi YIN. She began Qi YIN after about a year of Tai Chi. She was interested in learning more about the Chakras, Auric Field etc. We began with photographs of her posture as she has a tendency to lock the knees and lean back with the shoulders as the hip is pushed forward. This posture has caused some great pains through the neck and shoulders as well as in the legs. Because SL quickly added all the techniques into her daily routine, she was independent with doing the work and very quick at muscle testing and going through the checklist. SL has diversified her movement options with stepdancing, yoga, walking, paddle boards, hiking, healthy food options and more.

My greatest observation of SL is the ability to transform her body when she comes into Tai Chi class and is running the sets. At first, while standing with the opening foundations she needs a reminder of the unlocking of the knees. Once she is in the movement the posture lines up and holds through the moves. While observing her at dance camp over the last few weeks, there was a slip back to the old posture with locked knees and hips forward with the shoulders slumped. There was a definite energy shift. However, when SL is on her game, she has everything energized and together for optimum function.

The best quote from the interview:

I love Muscle Testing

Injury Recall is my first response to injury

Review: Self-care model was what SL was looking for to change her lifestyle. She has found it and is devoted to it.

APPENDIX N: Interview Notes for IE (Participant 6)
June 24 2018 – long distance to Germany

Wonderful experience. I just found out that I have the pleasure of reading your book, that I had not really applied the tools on a regular daily basis. Especially checking my energy level. What I have found is it is a wonderful set of tools that you have developed, MG, to assist people for whatever they face or in certain situations. For myself recently, with my back and my muscles, using muscle testing and Qi YINtegration, Touch for Health, using the pendulum. It is so very, very helpful. I am using the pendulum every day. I check for certain foods and I started also using intentions. By checking how much water my body would need or want, came to conclusion (with muscle testing) 5 glasses of water. So, now adding intentions while drinking the water, more aware, not just for health and well fare, but for more awareness. Just like we learned in the first set. How to walk up and down the stairs, and how to sit in the right position, and also the helpful movements that we can muscle test, once we found out what kind of problem, we are having, and then the solution is always a certain movement. In muscle testing from the wonderful books (3) Body, mind and spirit. What kind of book, what page number, what sentence on the page? Every time, it was so on the right spot and so helpful for me to

think more about this kind of physical, it is always kind of because of emotion, I also found the wonderful assessment pages, I would have never thought that certain points when muscle testing were related to before birth, during birth or after birth. It is so helpful to think about his more, the problem a person has, for me is a wonderful result, I apply the things I learnt, the body pendulum and for asking medications, cat, yeah, overall this is the best thing and I just wish more people could relate to these wonderful, wonderful tools you have created. It is so wonderful to learn, and you are such an amazing teacher. And, of course, another thing I learned this morning, I did Injury Recall, set 1, it is so easy to do. Did that let up on the back muscles? Yes, I had some muscle problems on the side of the back. After that I did some warm-ups with Tai Chi and tested what number in the set, and sitting spiral rotation, for 12. Did you muscle test each piece? Yes. Perfect. If you look back over the time you have been working on Qi YINtegration, what pops out to you as the most advantageous part? You know in the first sessions, the piriformis muscle problem. I was so convinced it was the piriformis muscle and you asked how I could be so sure. We muscle tested and in fact it was another muscle. The second step at the beginning of the session, just figure out what movements, over the time I could move again I did not have this

constant pain because of the piriformis muscle with the physiotherapist. With Tai Chi also the problem is gone. This challenged you for quite a while? Oh, yes, my quality of life had problem with walking long distance, not at the gym, really, really limiting myself. How long do you think the idea of the piriformis was causing you a problem? It was quite some time, at least 7 – 8 months or maybe 8 – 10 months. When you went to physio was it helpful? There wasn't really much they could do. Movement, heat – it always helps, but it did not really, I did not have the feeling, I did the exercises at home, not really helpful. The heating pad helped for a little bit after, I am glad that I joined your class and that this problem is solved. Solved for good. Any other thoughts that come to mind? I am going to apply, the thing is, you are learning these wonderful tools, and then a problem arises, you don't really think about oh, what I can do, the pendulum, find out what is going on, reason, assessment, movement or what helps, cloacals - one of my favorites. First you try to give yourself some rest, which is good too, but being reminded by reading and the first set or like this morning, I didn't do the usual thing, laying on the heating pad, doing the exercises I know, but I did the Qi YIN yeah. This is what I am going to do in future and I am going to apply this every day. I have started to apply which food is good for me. Ice cream is not a good thing,

which I really had to regret, so I finished the last and that is it. I won't buy any more. You might have to find the right recipe. Yes, yes that is true.

Test the end if my body needs some more vitamins or minerals. I haven't done this in a long time. Will you be using the vitamin chart from Qi YIN? Yes, tissue salts, muscle test time of day, muscle test every time how many, yeah. Last week I used on my friend and asked for her to muscle test, the third one was not good for her, so she is not taking that. Cat having breathing problems, got homeopathic, and tested which ones. By testing I have also get a safe and secure feeling this is the right medication, the right drops for my cat, the right kind, the right time to give it to him. Instead of wondering should I do this, should I not, should I wait on the vet? I am more secure, I don't think twice because the body reacts to this special form of muscle testing. The body knows. I don't have to think, for me, more homeopathic way, so I don't have to think twice. Very safe and feel.

Overall, for me, I don't want to ever miss this. For me, I don't ever not want to do this again. That was so wrong. I will always do this, and I am applying this way, and it is going to be parts of it in my daily support part of my life. I am going to find all the tools that I not really forgot, but I can look them up. Would you say that your self-care is in your hands? Yes, yes, I am not trying to put words in your mouth, but with your description

with the cat and waiting for someone with knowledge, you have tools to help.

When I first met IE she was a student in Tai Chi class. She came because of some back pain that she attributed to the Piriformis muscle that was diagnosed by someone else. She came with a friend from the gym and they did class together. The movements were hard for IE to do because of the pain she had, and she would resist attempts to do anything different with her body because of the pain. One day she was talked into joining our Qi YINtegration class and was thrilled to learn about Muscle Testing. It was at this time that she began to open up to trying new things. I suggested to her that perhaps her pain was not restricted to the Piriformis and she was then willing to muscle test for other options. Over time as IE learned each move, she played with it at home and explored more with her body. It was not long before the pain in her hip released so that she could focus on other things, and she began to really play with goal setting and all the tools in Qi YINtegration. After a year and a half of class she began to transition in her life to separate from her partner and return to Germany. This was a big step for her, and she did it with the tools from Qi YIN guiding her path and her self-care. Now living in Germany, she Skypes into class with us each

week and is staying connected despite the programs that are available to her in Germany in other modalities.

APPENDIX O: Interview Notes for DM (Participant 7)
June 30, 2018

Permission to tell story and to use first name

Since learning the ideas and techniques in Qi YINtegration, DM has become more aware of herself personally and how she feels. She has been given a gift of knowledge and information to gain perspective and balance, using everyday activities like sitting, standing... she is more stable and uses the 9 pts of the feet stance. She has accessed more tools. She now has the ability to reorganize more options for emotional stress and consider whole body wellness – Qi YIN has options and tools to address what is needed.

The assessment page has expanded knowledge and revisited basic kinesiology to function better.

She is now aware of her limitations, engage in simple activities, balance, flow and be more efficient. She muscle tests to make better choices and decisions as this has been a struggle prior to this. She is using all of her senses and is aware of them more. Knowing to aim for 70% effort rather than overextending and when injured to use 40% effort. She can set her own pace. No space or equipment are needed. Just movement. Drawn to dance and choreography.

The 5 Element Set with sound and color has portions of movement that can be isolated out for what is needed. The time to use the techniques is up to DM. She can decide when to look after herself. The tools of the 7 sets now available have lots of options. She enjoys using muscle testing and the body pendulum to determine what is needed, how many repetitions, and what part of body, mind and spirit is important. She now has confidence in more intuitive abilities – and her expanded knowledge includes how the matrix connects.

She was always wondering about underlying reasons for her challenges, and the assessment sheet and the tools help her to identify where something may have come from, but then how to look forward, healing and feeling better.

With aging there is a concern for safety – Qi YIN makes you more stable and aware, more in the present. Everyday activities you are more aware of patterns and habits not serving your highest good, and are able to make the shift – sitting, stairs with intention, improved attitude, new outlook, perspective. Needs can be identified as emotional, spiritual, - she knew it but now she has the tools to go deeper, sensing different in the body and in space. Chemical, structural, mental, emotional – she didn't know how to address these before and change, but now she can.

DM can now have more of a free flow in her life, the ability to relax and breath – the set allows her to do that – let go and let the pattern happen. She feels better afterwards, clears her mind, releases unresolved issues. Overall benefits are empowering her. She can simply change her step or direction and trust it does work and develops a level of confidence because of this knowledge.

By following the assessment sheet, she has a big opening of horizons there. Idea of whole-body healing, energy building, balancing, balance in life too – She can make choices. I can choose what to eat and to build energy and be more positive.

(Battery ran out on the video recorder at this point).

Balloon story – using the idea of the balloons to hold on to the memories that were held within the objects that were cluttering her life. She put her memories into balloons to make them lighter and readily available. She could bring the balloons from dragging behind her and holding her back to lightly floating in front and beside her to guide her forward and to support her now. This lightness has allowed her to now let go of the objects that are surrounding her in several houses, yards and garages. She has been letting go of the objects and focusing on the lightness.

She enjoys the knowledge of how the body works. As a Phys Ed instructor in her professional life, she was able to take her previous knowledge and put it to work for her with the Qi YIN tools. This has provided proof for her that CAM works and helps with health and recovery. She can see the habits and can change them.

The book we shared: "Songs of the Spine" have helped to understand functional kinesiology – line in the book that jumped out and was perfect. Did not think of it before for everyday function. How this is part of our lives all the time. Figure 8's, planes, in space. Before Qi YIN hard to pinpoint where the pain was/is, but now there are reference points and reflection opportunity, point of input to find the underlying points. She can identify what is going out and what is coming in. Info and knowledge have expanded.

Spiritual and connection – change the view of where it fit with the body – the body can transcend, meditate, and focus. Solid/liquid/gas – change when grounded and things come easy, get to the point – this doesn't always happen, but synchronicity with no explanation – just feels right. The sky wasn't falling in. Elements – emotions – identifying – organs and muscles – whole new vocabulary to work with. She knew the body could heal itself and that medicine was not always right.

***Qi YIN provides more confidence to trust the body can heal itself and that we can be a part of that process.

***DM can investigate with the tools that she has, and where she didn't know how to deal with emotions before, she would just shove it away and not look at it. The Qi YIN tools provide her with an easy tool to release emotion and let it go.

Kundalini – transcends and flows up, the ability to transcend to another realm. You can isolate, yet connect, and feel it.

***Empowerment – She had never thought of herself as empowered.

Light/dark – moved to crisis and felt tight and fearful, now the lightness is love and joy

Info from Qi YIN – light of auric field shows up when less anxious, doing what they love, promoting their own joy. Visuals – depressed and dark, to lightness and joy.

Sound, frequency – expanded brings health and relaxation. Negative stuff to be resolved, there is a light – she can access it and she can intend to help and overcome the negative stuff.

***She recognizes that it works if she allows it to – and she has made a daily routine to use it.

When her hearing was blocked, Qi YIN helped to clear the ears. And she keeps working with it. The pain in her feet – she no longer has orthotics, can walk easily and joyfully, and the cramping has stopped. The cyst behind her knee – is present but no longer bothersome and she is not concerned about as she had previously been preoccupied by it throughout the day. Turning to shoulder check, she has been able to change this as well and uses the proper rotation to do so now.

Stairs – she uses proper technique for this now.

Getting up and down – she is engaging the muscles and using them with better posture, much more alignment.

***DM's thinking has changed to be part of the solution rather than not doing anything.

Has found nature and the elements for peace and tranquility and this is now the beginning of the day rather than the creation of lists about clearing the clutter and achieving tasks each day.

Storyline:

DM first came to Tai Chi class with some knowledge about Tai Chi from a previous class. As a retired Physical Education instructor with creative talents with children, she was interested in the mechanics of movement.

She had deep-seated grief from the loss of her son and other family members. She was anxious about making any decisions. She had pain in her feet, muscle cramps, a Baker's cyst on the back of her right knee. She had a prolapsed uterus and a dropped bladder that had plagued her for years. And, her biggest challenge was the collection of material objects that were closing in her house, and her sister's house (which she was left when her sister died – the family homestead with belongings also from her parents). She attends church and is devout in her devotions, as well as belongs to a support group for dealing with family members with addictions. She had patterns of praying and being ritualistic with activities to help her cope with her anxiety and stress.

Qi YIN first appealed to DM because of the movement options, something that she identified with from her career. The ability to work with emotions was new to her as she had previously blocked them or pushed them deep down. DM read, reread and explored each tool of Qi YIN to get to know it. She would often have questions and observations ready for each new class. She learnt the 5 Element Set with Sound and Color, as well as Kundalini, and made them a part of her daily routine. She continued to learn the Tai Chi set, Sabre and Loh Kup Part 1 and 2, at the same time. When she desired to make a bigger shift with personal issues and emotions, we did a

couple of private sessions, always using the tools from Qi YIN so she could see their application and continue to use them.

Over the 4 years that DM has worked with Qi YIN she has transformed her life. By bravely trying each technique she was able to make it her own.

And, she was able to share it with others to help them find their own way too. She has been instrumental in providing feedback, creating new patterns of using the material, and consistently using the tools on a daily and weekly basis. Because of the depth that she has used the materials she has experienced some key shifts in her life. The following were identified through the interview and our experience together:

1. Pain in the feet is no longer a problem. She has given up using orthotics. When a challenge in the feet arises, she is quick to muscle test what is needed, do the foot rub, stand on the 9 points, use walking exercises, and bring awareness to the feet. She will muscle test anything she needs, identify emotions, and use IMMe to release emotional tension.
2. The cyst on the back of her knee no longer has pain on a daily basis. It may flare occasionally, and she will muscle test to determine what she needs to do to release the pain. She also is no longer anxious about the cyst being present and uses it as a gauge to monitor when

she needs to pay more attention to her body and when she is good to continue on.

3. When she had surgery for her bladder and uterus, we prepared her emotions and body using Qi YIN prior to surgery. We also identified which exercises would be helpful just after surgery and for recovery. She heeded the advice of her doctors to not move for 6 weeks but utilized the foot exercises and the hand exercises to keep opening up the energy and movement options. She used muscle testing to see what her body needed for recovery, and she added tools that had minimal movement to follow the doctor's orders. She was quickly back to Tai Chi and Qi YIN, and never looked back.
4. Her emotional challenges with dealing with grief were removed layer by layer as she worked through her physical challenges. The private session where we created balloons for her memories rather than using material objects allowed her to reduce the stress of being held back by so many experiences she couldn't cope with, to a minimal amount of stress (somewhere in the 20% range at the end of the session). She continued to use the technique after the session to continue releasing the emotion to object relationship.

5. She began to teach others how to use the techniques and shared her knowledge with them. She also helped them to begin to overcome their own fear and anxiety for learning and coping. She has been an inspiration to others.
6. Her greatest success over all these other changes has been to have released the material objects from her grasp. She has finished the final garage sale for her family homestead and created the opportunity for another family member to have the home and begin to use it for their own family. She has also identified within her own home the things that are most important to her, and letting the other aspects go. She has even passed some of her valued teaching materials to me for my use.
7. Lastly, where she once made lists first thing in the morning of what needed to get done, she now heads off on a walk with nature. She has chosen a part of the walking path that she enjoyed time with her son, and she now finds comfort being in that space and enjoying nature. It brings her closer to her son, but not in a sad way anymore. Now she enjoys it as a way to connect with him energetically, and to provide her with nurturing and energy. This shift has meant she has

more energy to do things that need to get done, but also to prioritize and find time to be in the moment.

8. There are five quotes from the interview that identified themselves readily:

Qi YIN provides more confidence to trust the body can heal itself and that we can be a part of that process.

DM can investigate with the tools that she has, and where she didn't know how to deal with emotions before, she would just shove them away and not acknowledge them, the Qi YIN tools provide her with an easy tool to release emotion and let it go – Innate Matrix Memory or Injury Recall Technique in the Set 1 materials.

Empowerment – She had never thought of herself as empowered before Qi YIN.

She recognizes that it works if she allows it to – and she has made a conscious choice to do a daily routine and use it.

DM's thinking has changed to be part of the solution rather than not doing anything.

Second Interview with DM – July 21, 2018:

After compiling the notes from the first interview, I presented them to DM to see if they were reflective of what we talked about. She was apprehensive that she had not given a good interview and that she misrepresented the program with her words. This was the first interview that I had a second discussion with. The insights were not what I expected.

First Reading – wasn't as accurate or truthful, fell short of what meeting implied.

Second Reading – picked up on: wasn't paying attention to muscle testing, wanted to be more active. Using intuition instead and applying this to Qi YIN information. Wanting to be honest and truthful – reviewed what she did apply – didn't want to give the impression that she did things daily.

There has been a shift in thinking and actions. Not perfectly changed, disconnected, or applying it in the right order.

The assessment sheet – no confidence to read own muscle tests – the sheet is overwhelming. Go so far and then quit, stumbling block.

Short cuts, auric field – found this information riveting, but not as convinced/far-fetched – needs to read and research more to understand

body, mind and spirit – wholeness, connection to nature and universe, outside realm of the body.

Benefits of gaining knowledge of how this is all connected. Reveals still learning, and a work in progress.

People of like minds creates more confidence that this is real. It will take time and practice, more discipline to be more in tune to what this is all about.

Balloons, luggage, heaviness – in her mind she is working at trying to do that process but hasn't crossed the barrier. She wants and aims to pair-down. Have improved but have a lot of stuff, still in process. Balloons make sense...working layer by layer...work in progress. Need to rely on Qi YIN and potentials, guidance to help go the next step, to meet the goal, still a future thing. Need to address...let it go. I am progressing but, but it is still there. Otherwise, start but don't complete.

Solid, liquid, gas – Body, mind, spirit – lighter is linked to gas. Solid – experience the senses, liquid – fluidity – less challenge, let go. Gas – spiritual state, distribution, no limitations, lightness. Spirituality and the universe – all connected and affect each other.

Building energy through movement, Tai Chi, Loh Kup, hopefully developing more.

Intimacy with self, help with relationships – where clarity isn't always there about how she feels, emotional involvement.

Reviewing the transcripts – can see other options, reinforces, don't have to be skeptical. Honesty and basic values are improved or accessed.

Yin/Yang the full understanding. Being human, not perfect – move forward one step at a time, be open to something new.

Reason for coming in – emotion and being aware. Identify it and be aware of what she is feeling.

Translating that – muscle testing – decision-making – I dropped that ball.

But maybe it is in there intuitively. Still working on it.

Discipline – need to be more...on my own case, not disciplined enough.

Left the assessment page – things not comfortable, dropping, trusting intuitively and not muscle testing.

Storyline – ok now with background, “still a work in progress” can own that she can help.

1. Pain in feet. Pain will show up periodically. No longer thinking of using Muscle testing, but intuition. Not as consistent or disciplined. Not at the stage of being where I could benefit from
2. Will use IMMe (Injury Recall technique) but will have to review – get away from it and forget so have to go back to notes.

3. Surgery – bridging of energy between right and left sides of the body. Still have to come back to being grounded. Have I taken back patterns when I haven't been practicing? Did they sneak back? Do I need to go back to basics to reinforce? To have awareness to be able to move forward. I still have an issue, don't believe. Haven't used the assessment sheet. Setting up roadblocks and challenges to what was supposed to be already taken care of. Self-defeating, negative, slowing down, creating barriers.
4. When helped others by sharing techniques, family members were helped. Used Therapeutic Touch to calm Aunt. I don't know if it worked, but she fell asleep. I don't know if I did everything right.
5. I have to keep practicing to process, rely on outside forces to go forward to complete a task or job, proper or deserving credit.

DM was able to reflect on her use of Qi YINtegration since the beginning of learning the tools and using her Tai Chi with Qi YIN. However, her stumbling block was caught up in processing. She always needs to process everything to keep it organized in her mind and in her physical world. Even though she had made great strides and they were noticeable, she pulled everything back in her mind and in her actions. If she was trusting

her intuition instead of using muscle testing, this was a detriment rather than an accomplishment. Where she hadn't trusted herself in the past, now she was intuitively making decisions. In her mind this was wrong, and in my mind, this was an opening of opportunity she was not able to realize before. Her ability to talk about and use the material to share with other people has continued to be demonstrated in class as she leads Tai Chi class or offers assistance to others. If there is a tool that will help them, she is willing to share. For herself, this is not enough, she needs to go back to details and see what she is missing and process the material. I believe this is a sign of some confusion in her thoughts as her actions and ability to use the material is present when she acts and doesn't focus on the details or the order. We talked about her advances and that perhaps she had forgotten where she had come from, she couldn't see the advancement because she was feeling new challenges and they seemed they were the same as the old challenges. When we looked at her health issues, her feet had limited days when they may cramp, for the most part this was over. The cyst behind her leg was no longer causing pain, it was present, but did not predominate to her thoughts throughout the day. Her ability to use the movement patterns with ease were not recognized because of patterns that she could not remember. Her hoarding challenges had also shifted. Where she would

not let anyone touch anything until she had processed it, categorized it and released it, now she called people in to deal with different aspects. She cleared out full closets where she could not even begin to consider this before. She got stumbled by a different protocol that she read about that said she needed to emotionally determine if something had value or not. This led to her checking each shirt, all 75, to see its value. Where she was letting go before, this brought her emotions back into the equation and she had to process again. This was a setback for sure. Interesting was that other items she was letting go, and she was matching things from the basement with things in the living area. Before this was a dead zone that was not touchable, but now it was mixing and sorting with the every day. Perspective is interesting and for people who are inside the process it can be messy and stagnant to them. To those on the outside, there can be a realization and a change felt, but if not recognized will go unnoticed by the person stuck inside.

APPENDIX P: Interview Notes for NT (Participant 8)
July 3, 2018

Permission to use first name and story

In my mind, how I do things and what I am thinking, doing things in a certain way. Check energy levels – body pendulum, go through the checklist, and do those. Don't check after but notice the energy shift.

Weaving through everything – it just happens.

Interested in doing something health wise – don't go too deep – but this one has been the deepest. The material has allowed for the depth but would like more time. The fact that it is there. Binder is always at hand – try any of it and whatever set. Use it most days – for a short time. Some things just remember and do. Otherwise if not rushed, go to the book. 10 minutes of choosing activity. Trusting the movement to do the energy shift.

Assessment page – wait for class for this one. Class with other people, contact with me and keeps everything fresh.

Keeps you positive. Thoughts can be transferred from the negative.

Use hands rotating and spine rotation, parting bamboo – has a nice flow.

Don Yu – seated and standing. Foot exercises.

Falling asleep – have it still but not so often. Neck pain not daily but if turn too far. Shoulder pain – only if doing certain things. Lower back pain

– not there. Not getting overwhelmed as before – start to look at things in a different way rather than letting it be overwhelming. Sometimes things get a little crazy – built a spot to just relax and will take the time.

Strength and flexibility – flexible in life more so, who knows what it would have been like if not doing it. Muscle test to do some things, going somewhere, eating, muscle tested to go to the movies. Anxiety in the car – second trip – no anxiety. Just made the decision. Before decision-making was very difficult. Now better at reasoning. Muscle testing – would help with decision – would still think through some.

Was doing meridian sweep for a while, then forget about it, was doing it every morning.

Trusting muscle testing can be challenging sometimes – but usually it is the right thing.

Very subtle a lot of it, whether you pick up on it. If you recorded everything you would find lots of detail you have forgotten about.

After camera: Eyes – checked #'s with doctor – went for laser for glaucoma. Putting the Lahvosky wave pendant over the eyes for 10 minutes each day. Smoothie every morning.

When NT and I first met it was in Tai Chi class about 7 years ago and there was a group of about 8 -10 people. She enjoyed the movement and the atmosphere of the class. As the class started to dwindle and then I changed locations to move it from one town to the other, NT continued to take class. The class became Qi YINtegration and NT continued with the new participants. When she first arrived for class, she had trouble remembering moves and working with different aches and pains. When the class moved to Qi YINtegration, she was diligent about keeping her notes together in one binder and trying the different exercises a couple of times during the week so she could remember them. Over the years she has worked on her neck and back. The neck is very tight and has limited mobility, but the level of pain has been able to diminish. The back flared at one point, and NT used muscle testing and the checklist to find out what she needed. This took a bit of time to overcome. Over the last year NT has struggled with some anxiety. With the goal setting exercises we have focused in on the different aspects of the anxiety influences, and over time this has lessened for NT.

One of the greatest challenges she faced last year was falling asleep at or just after the evening meal. She would sleep in the chair and then go up to bed after that when everyone else did. When we looked at the energy drain

reason, she was getting up at 5 in the morning and then working on the farm all day. She did not want to take any breaks. Definitely no naps or lying down. It was a sign of weakness if she could not keep up with her day. After preparing 3 meals, feeding the animals, gardening or chores, she did not rest. By 6 pm her body was exhausted, and she quickly fell asleep in her chair sitting up. We started muscle testing the body to see how long it could go before it would tire out. This pinpointed a time mid-morning to get some water and to at least sit down. When this became comfortable after a few months, then NT began having a little snooze in the early afternoon when she needed it. This shift meant that she was able to get to about 8 pm before heading straight off to bed.

Drinking water was something else she had not done much of before the program. Tea was often on the table and black. The addition of water started to shift the energy of the body around and create more stamina over the day.

NT had a goal of clearing out bedrooms and her parent's home of all the extra stuff that had accumulated. On several occasions we goal set for different projects that she wanted. In the end she determined where would be her place of peace to just sit, and she created a space for herself where

she was comfortable, and it was quiet. This space has allowed her to take some time away from any hustle and bustle in the regular house.

Where NT once feared using the techniques in case, she didn't do them right, it was a pleasure to hear her say that she had the binder right there, and that there were lots of ways to use the techniques, she just had to check. The fear of not understanding or forgetting was gone. The desire to do something each day to energize was important, and her ability to muscle test and use all the tools was very strong.

Favorite quote from the interview:

The binder is always at hand, I can try any of it, and do whatever set is needed.

Qi YIN keeps you positive. Thoughts can be transferred from negative.

APPENDIX Q: Interview Notes for EM (Participant 9)
June 27, 2018

Permission to use first name and story

Began Qi YINtegration 2 years ago, the results have been to completely reduce areas of pain in the body – bacteria, use. No arthritis pain since starting class. Carpal Tunnel is considerably better in the right hand.

Antipsychotic medication taken at night. Lost 60 pounds and eating very well. Meditate for an hour each day. Tai Chi every day and Nordic

walking. Immune system is better. Work 17 – 18 hours a day. My

emotional wellbeing has had two losses this year. Michelle helped me to

get over the sorrow. Qi YIN and counseling has helped. Reminder that the

body is saying “no”. People in the class have become great friends and are

very helpful. When Questions are asked in class, like “What do I want to

work on?” or “What come out of muscle testing?” Equilibrium comes

from this. I don’t feel confident with the tools, but the ability to ask with

Muscle testing – this is extremely important, and I use it all the time.

Interesting in symbols turning to action and movement – the Peru

Experience [part of one section of the course].

Better balance. Barefoot Tai Chi for 6 hours – amazing.

Began sitting in a chair in class, gaining balance and stamina through class, no pain anymore.

I had a mole on my face, it was gone in 10 days. We focused on it in class and I concentrated with mental focus until it was gone.

Lump in breast, it also left.

I have greater concentration and focus.

As a healer – clairvoyant – I can know when people will die – don't always know what to do with that.

Exercises – several steps – ankle rotation instead of stepping around. Don Yu's, Double Doodle – every day, muscle test how many.

Learned how not to put my hip out. Know what hurts and what doesn't.

Learned how to not lift things. I now drag rather than lift if too heavy. I am smarter.

I don't carry without bending arms.

I use the 5 Element Set with Sound and Color – watching the videos.

I started with seated first, and now I am standing.

Creativity is enhanced. Doing far more – more time – doing my artwork.

I enjoy things in class using music, playing with sound essence sprays.

Michelle is always mixing things up in class. Scarves. Fans. Rhythms that enter the body and soul.

I arrive to class tired, and I leave energized.

Hand and foot rubs- using everything is of our own making.

This is valuable for the rest of your life.

Continuation of class is important.

Need more people taking this.

When I first met EM, before Qi YIN class, she was married to a man who was very ill. Together they strived to take care of themselves the best they could, but as she was the caregiver, she was not taking care of herself.

When her husband passed away, she looked towards her own health. When she arrived at our class the first week, she was eager to participate and chatted about anything and everything. As the weeks progressed her determination to overcome her health challenges became strong and powerful. She changed her eating habits. She tried the techniques at home and focused her meditation on getting well and getting rid of the aches and pains that were plaguing her. She was challenged with focus and hyper energy, but the addition of the medication at bedtime helped to calm this.

With her balance challenges it was hard to do the body pendulum for muscle testing, but EM was determined to achieve this and practiced using the tools every day. Soon the aches and complaints went from overall to

focused, to eliminated, to reducing the list, to having some bad days, but mostly good days. Her arrival to class now produces high energy, optimism, experience with the techniques, encouragement and support for others in the class, and if there is a complaint, it is usually relieved by the end of class time. While away for the winter, she joined us for class on the internet. Despite technical challenges to do so, she continued to persist through the challenges, watched the videos that supported what we were doing in class for movement patterns, and continued to muscle test on her own. She only sits for exercises on days when she is not feeling her best, otherwise she has the strength and agility to the standing movements, including the 5 Element Set with Sound and Color.

Favorite quote from the interview:

People in the class have become great friends and are very helpful.

Learned how not to put the hip out. Learned how to lift. Learned how to swivel the feet.

REFERENCES

- Adegbola, M. (2011). Using Lived Experiences of Adults to understand Chronic Pain: Sickle Cell Disease, an Exemplar. *Managers Journal of Nursing* , 1 (3), 1-12.
- Ahmed T, V. A. (2016). Gender Roles and Physical Function in Older Adults: Cross-Sectional Analysis of the International Mobility in Aging Study (IMIAS). (S. D. Ginsberg, Ed.) *PLoS ONE* , 11 (6).
- Anderson, S. a. (2008, March 13). *Just a List*. Retrieved from <http://justalist.blogspot.com/2008/03/vibrational-frequency-list.html>
- Arslantas D1, U. A. (2009). Life quality and daily life activities of elderly people in rural areas. *Arch Gerontol Geriatr* doi: 10.1016/j.archger.2007.11.005. *Epub 2008 Jan 22.* , 48 (2), 127-31.
- Awick EA, E. D. (2017). Effects of a Home-Based DVD-Delivered Physical Activity Program on Self-Esteem in Older Adults: Results From a Randomized Controlled Trial. *Journal of Psychosomatic Medicine* , 79 (1), 71-80.
- Binding LL, T. D. (2008). Human understanding in dialogue: Gadamer's recovery of the genuine. *Nursing Philosophy* , 9 (2), 121-130.
- Bongi, S. ,. (2016). Efficacy of rehabilitation with Tai Ji Quan in an Italian cohort of patients with Fibromyalgia Syndrome. *Complementary Therapies in Clinical Practice* , 24, 109-115.
- Cannon, Walter. (1915). *Bodily Changes in Pain, Hunger, Fear and Rage*. Massachusetts, USA: D. Appleton, Harvard University.
- Chan AW, Y. D. (2016). Effects of a peer-assisted tai-chi-qigong programme on social isolation and psychological wellbeing in Chinese hidden elders: a pilot randomised controlled trial. *The Lancet* , 388 (1:S23).
- Chia, M. a. (2005). *The Inner Structure of Tai Chi: Mastering the Classic Forms of Tai Chi Chi Kung*. Rochester, Vermont, USA: Destiny Books.

- Chia, M. (1999). *Energy Balance through the Tao: Exercises for Cultivating Yin Energy*. Rochester, Vermont, USA: Destiny Books.
- Chia, M. (2007). *Fusion of the Five Elements: Meditations for Transforming Negative Emotions*. Rochester, Vermont, USA: Destiny Books.
- Chia, M. (2009). *The Six Healing Sounds: Taoist Techniques for Balancing Chi*. Rochester, Vermont, USA: Destiny Books.
- Choy, E. (2015). The role of sleep in pain and fibromyalgia. *Nature Reviews Rheumatology* , 11, 513 - 520.
- Cohen, K. (1997). *The Way of Qigong: the Art and Science of Chinese Energy Healing*. Toronto, Ontario, Canada: Random House of Canada Ltd.
- Cook, G. L. (2014). Functional movement screening: the use of fundamental movements as an assessment of function - part 2. *International Journal of Sports Physiotherapy* , 9 (4), 549-563.
- Cornwall, E. Y. (2000). Social Disconnectedness, Perceived Isolation, and Health among Older Adults. *Journal of Health and Social Behavior* , 50(1), 31-48.
- Cuenza-Martinas F, C.-A. S.-L. (2018). Effectiveness of classic physical therapy proposals for chronic non-specific low back pain: a literature review. *Physical Therapy Research Journal* , 21 (1), 16-22.
- Cuthbert, S. C. (2011). Association of manual muscle tests and mechanical neck pain: Results from a prospective pilot study. *Journal of Body Work and Movement Therapies* , 15 (2), 192–200.
- Cyarto EV, B. W. (2008). Comparative effects of home- and group-based exercise on balance confidence and balance ability in older adults: cluster randomized trial. *Journal of Gerontology* , 54 (5), 272-80 .
- Deal, S. (2013). *Applied Kinesiology Shortcuts 1*. Arizona: Kinesiology Institute.

- Deal, S. (2015). *Applied Kinesiology Shortcuts Part 3*. Arizona, USA: Sheldon C. Deal.
- Deutscher D, H. S. (2009). Associations between treatment processes, patient characteristics, and outcomes in outpatient physical therapy practice. *Archives of Physical Medicine and Rehabilitation* , 90 (8), 1349-1363.
- Eng, J. (2018, November 24). *The Science of Magic*. Retrieved from The Nature of Things: <https://www.cbc.ca/natureofthings/episodes/the-science-of-magic>
- Esola, M. A. (1996). Analysis of Lumbar Spine and Hip Motion During Forward Bending in Subjects With and Without a History of Low Back Pain. *Spine* , 21 (1), 71-78.
- Foley, P and Launchbury, J. (December 8, 2011). *The Seventy Percent Rule*. www.longwatertaichi.co.uk.
- Frantzis, B. K. (2006). *Opening the Energy Gates of Your Body: Chi Gung for Lifelong Health*. California, USA: Energy Arts Inc.
- Gelonch O, G. M. (2017, March 17). Cognitive complaints in women with fibromyalgia: Are they due to depression or to objective cognitive dysfunction? *Journal of Clinical and Experimental Neuropsychology* , 1-13.
- Gelonch O, G. M. (2016). Executive function in fibromyalgia: Comparing subjective and objective measures. *Comprehensive Psychiatry* , 66, 113-122.
- Gerber, R. (2001). *Vibrational Medicine: The #1 Handbook of Subtle-Energy Therapies Third Edition*. Rochester, USA: Bear and Company.
- Glass J, W. D.-S.-W. (2011, Dec 12). Executive function in chronic pain patients and healthy controls: Different cortical activation during response inhibition in fibromyalgia. *Journal of Pain* , 1219-1229.

- Greenwell, M (2012). *My Little Black Book of Energy*. Mabou, NS, Canada: Waines Publishing
- Greenwell, M (2018). *My Little Black Book of Qi: Qi YINtegration Set 1*. Mabou, NS, Canada: Waines Publishing
- Hassad, C. (2013, March). Mind-body therapies: Use in Chronic Pain Management. *42* (3), pp. 112-117.
- Hawkins, D. (2012). *Power vs Force*. Raincoast.
- Jensen, A. (2014). *The Accuracy and Precision of Kinesiology-style Manual Muslce Testing: Designing and Implemending a series of diagnostic test accuracy studies*. University of Oxford, Doctor of Philosphy dissertation. UK: University of Oxford.
- Keown, D. D. (2014). *The Spark in the Machine: How the Science of Acupuncture explains the Mysteries of Western Medicine*. Philadelphia, PA, USA: Singing Dragon.
- Klinghart, D. (2005). The Five Levels of Healing. *Explore!* , *14* (4).
- Koch, T. (1998). Story telling: Is it really research? . *Journal of Advanced Nursing* , *28* (6), 1182-1190.
- Krebs, C. a. (2017, Sept). *Energy Research Videos*. Retrieved Sept 2017, from <http://www.energyresearch.us>: https://youtu.be/HzlLA52_nTY
- Kushi, M. (2007). *The Do-In Way: Gentle Exercises to Liberate the Body, Mind and Spirit*. Garden City Park, New York, USA: Square One Publishers.
- Landorf, K. B., Keenan, A.-M., & Herbert, R. D. (2006). Effectiveness of Foot Orthoses to Treat Plantar Fasciitis: A Randomized Trial. *Archive of Internal Medicine* , *106*, 1305-1310.
- Lee, C. C. (2014). Movement Therapy for the Self-Management of Chronic Pain Symptoms. *Pain Medicine Oxford Journal* , *1*, 40-53.

- Lehman, A. (2013). *Injury Recall Technique: A Comprehensive Approach to Balancing the History of Pain & Injury. 2013 Touch For Health Conference.*
- Lin, Chunyi. (2010) audiotope from *Healing with the Masters* with Jennifer MacLean.
- Lin, Chunyi. (2012). *Breathing of the Universe*. Website: www.springforestqigong.com. Also, notes taken from a Qi Gong talk by Master Lin and Jennifer MacLean in the *Healing with the Masters* series.
- Linton, S. S. (2011). Impact of psychological factors in the experience of pain. *Physical Therapy Journal* , 91, 700-711.
- Liu, H and Chun, S. (2006). *Dayan Qigong: An Ancient Health System for Today's Modern Life*. California, USA: Wen Wu School of Martial Arts.
- Lorig, K. H. (2013). *Living a Healthy Life with Chronic conditions: For Ongoing Physical and Mental Health Conditions*. Boulder, CO, USA: Bull Publishing Company.
- Loupos, J. (2005). *Tai Chi Connections: advancing your tai chi experience*. Boston, Massachusetts, USA: YMAA Publication Center.
- McTaggart, L. (2009, Dec 8). *Doing-onto-others-the-linger-effect*. Retrieved 2018, from LynneMcTaggart.com: <https://lynnemctaggart.com/doing-onto-others-the-linger-effect/>
- McTaggart, L. (2009). Lynne McTaggart Intention Experiments. *Institute of Noetic Sciences*.
- McTaggart, L. (2011). *The Field: The Quest for the Secret Force of the Universe*. USA: Harper Collins ebooks.
- McTaggart, L. (2008, November 28). *The Leaf Intention Experiment*. Arizona, USA. Retrieved from <https://lynnemctaggart.com/the-leaf-intention-experiment/>

- Ojofeitimi S, B. S. (2016). Conservative Management of Second Metatarsophalangeal Joint Instability in a Professional Dancer: A Case Report. *Journal of Orthopaedic and Sports Physical Therapy*, 46 (2), 114-123.
- Oschman, J. (2017a, September). *Foundation for Alternative and Integrative Medicine*. Retrieved September 7, 2017, from <http://www.faim.org>.
- Oschman, J. (2017b, Sept). *Nature's Own Research Association*. Retrieved from Energy Research: <http://www.energyresearch.us>
- Partridge C, J. M. (1996). Disability and health: perceptions of a sample of elderly people. *Physiotherapy Research International* , 1 (1), 17-29.
- Pirkle, C. M.-V. (2014). Early maternal age at first birth is associated with chronic diseases and poor physical performance in older age: cross-sectional analysis from the International Mobility in Aging Study. *Biomed Central Public Health* , 14, 293.
- Rankin, L. (2013). *Mind over Matter: Scientific Proof that you can Heal Yourself*. Raincoast.
- Sahrmann, S. (2014). The human movement system: our professional identity. *Journal of Physical Therapy* , 94 (7), 1034-1042.
- Schmitt, W. H. (2008). Common errors and clinical guidelines for manual muscle testing: "the arm test" and other inaccurate procedures. *Chiropractic and Osteopathy* , 16 (16).
- Schmitt, W. H. (2002). *Stop your Pain Now!* Chapel Hill, North Carolina, USA: Applied Kinesiology Study Program, LLC.
- Seigenfeld, B. (2009). Standing Down Straight: Jump Rhythm Technique's Rhythm-Driven, Community-Directed Approach to Dance Education. *Journal of Dance Education*, 9 (4).
- Sonn, U. (1996). Longitudinal studies of dependence in daily life activities among elderly persons. *Scandinavian Journal of Rehabilitation Medical Supplement* . , 34, 1-35.

- Stapp, H. P. (2011). *Mindful Univers: Quantum Mechanics and the Participating Observer* (2nd ed.). New York: Springer.
- Staugaard-Jones, J. A. (2012). *The Vital Psoas Muscle: Connecting Physical, Emotional, and Spiritual Well-Being*. Chichester, England: Lotus Publishing.
- T. Wiseman, K. F. (2016). The experience of emotional wellbeing for patients with physical injury: A qualitative follow-up study. *Journal of Injury* , 47 (9), 1983-9. .
- the Biokinesiology Institute. (1992). *Allergies - How to Find and Conquer* (Vols. Encyclopedia of Mind and Body, Vol 1). Bellingham, Washington, USA: Topping International Institute.
- Thie, J. a. (2005). *Touch for Health: A Practical Guide to Natural Health With Acupressure Touch*. Camarillo, USA: DeVorss & Company.
- Usry, K. (2017-2018). Vagus Nerve Injury Recall Technique. *Experimental Observations of Members of ICAK* (pp. 101-112). USA: International College of Applied Kinesiology.
- van den Bekerom, M. P. (2012). What Is the Evidence for Rest, Ice, Compression, and Elevation Therapy in the Treatment of Ankle Sprains in Adults? *Journal of Athletic Training* , 47 (4), 435-443.
- Wang, C. (2012). Role of Tai Chi in the treatment of rheumatologic diseases. *Current Rheumatology Reports* , 14 (6), 598-603.
- Wayne, P. a. (2013). *The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart and Sharp Mind*. Boston, Massachusetts, USA: Harvard Health Publications.
- Wikipedia. (n.d.). *Kinesiology*. Retrieved from wikipedia.org: <https://en.wikipedia.org/wiki/Kinesiology>
- Wikipedia. (2018). *Von Neumann Entropy*.