

# KINESIOLOGY

## *Self Balancing Guide*



AMY EVANS

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HOLISTIC

# *This* GUIDE



*Kinesiology is a none-invasive energy balancing therapy which aims to find and balance energetic blocks within the body. You can visit a Kinesiology practitioner and experience life-changing shifts that will empower you to move forward into your world-class life, but the real beauty of the therapy is that there are a wealth of techniques that you can learn and do for yourself! That's what I want to share with you in this guide.*

In this guide I share simple techniques to help you increase energy, clear emotional stress and boost concentration.

Have some fun with the techniques and see which ones work for you.

If you have any questions or would like to learn more about Kinesiology and my practice, follow me on Instagram or Facebook, or check out my website.  
[@amyevansholistic](#)  
[amyevansholistic.com](#)

*Enjoy. Amy*

*Creating balance is key.*

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# INCREASE ENERGY

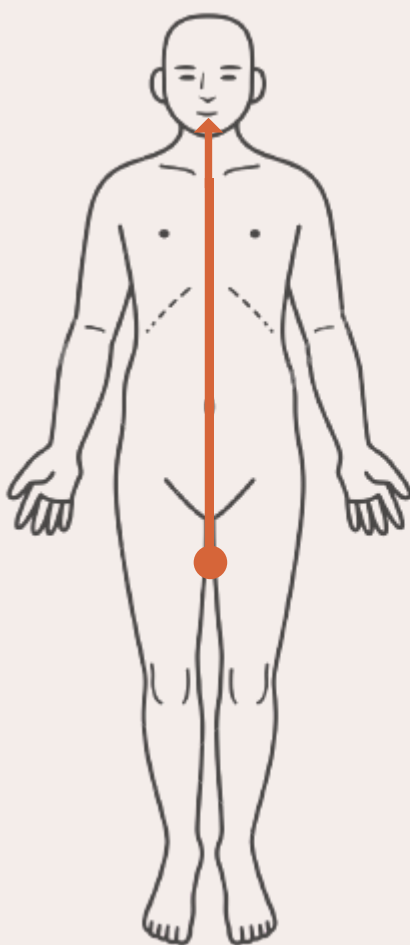
*Central and Governing meridian balance.*

Central and Governing are our two primary Meridians and their balance is fundamental to us feeling well.

Balancing these meridians can be very easy. Simply run a hand along the meridian lines marked on the images below.

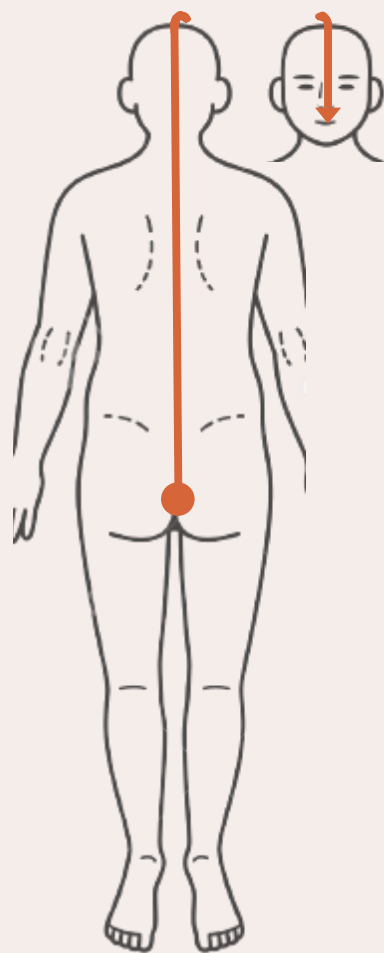
Ensure your hand is touching your body and move slowly, visualising your hand drawing the energy up through the meridian line.

Start at the dot on the bottom of the line and end at the arrow. You can run the two lines at the same time for a lovely balance.



*Central*

Run up the centre of the body from the pubic bone to the bottom lip.



*Governing*

Run up the spine from the coccyx, over the head and down to the top lip.

# CLEAR EMOTIONAL STRESS

*Emotional Stress Release - ESR*

One of the most powerful, accessible and adaptable tools in Kinesiology.

- To calm emotions.
- To aid sleep.
- To settle nerves.
- To clear past trauma.

With this technique we drawing energy and blood flow to the frontal cortex of the brain - responsible for emotional response and creative thinking. Helping you to effectively manage your emotions and think of ways to move through the situation.



- 1 Hold frontal eminences with index and middle together.
- 2 Think through the situation or experience that is causing stress.
- 3 Share your thoughts or observe the emotions in your own mind.
- 4 Continue until you feel a shift in your emotional state.

# BOOST CONCENTRATION

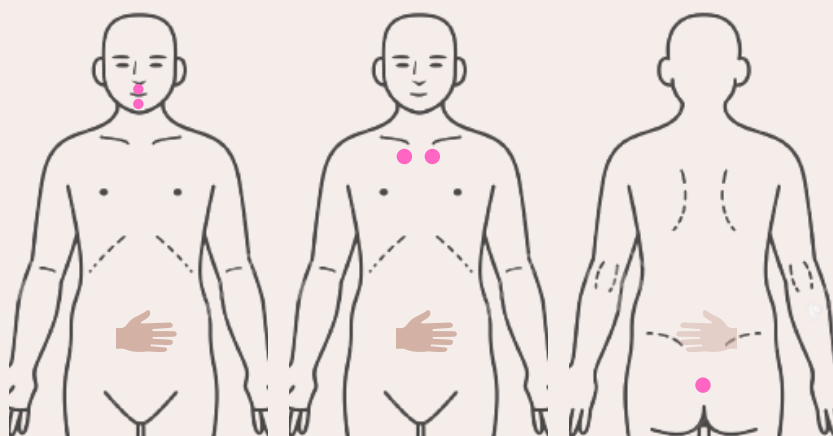
*Switching Exercises*

Great for focusing a scrambled mind either due to tiredness, over stimulation or stress.

Works to boost brain function and ensure the different parts of the brain are co-ordinated.

Three exercises, each done with one palm on the navel and the other rubbing the points shown below.

You can also track lazy eight shapes with your eyes whilst you do these exercises for extra impact.



Place one hand on the navel and use two fingers and thumb to rub points above and below lips. Switch hands and repeat.



Place one hand on the navel and use two fingers and thumb to rub points under the collar bone. Switch hands and repeat.



Place one hand on the navel and use two fingers to rub coccyx. Switch hands and repeat.

# *How can I* LEARN MORE?

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## Experience a full Kinesiology balance

In a Kinesiology balance I use muscle monitoring to identify energetic stress and imbalance within the body. Balancing techniques include lymphatic massage, gentle acupressure, sound and colour therapy, emotional coaching and energy healing. Get in touch if you're interested in booking a balance.



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## Learn more

Check out the events page on my website for upcoming workshops and training courses. Learn how to muscle test, how to Feng Shui your home, or become a fully qualified Touch for Health Kinesiologist.

[amyevansholistic.com/events](http://amyevansholistic.com/events)

*See you soon.  
Amy xx*

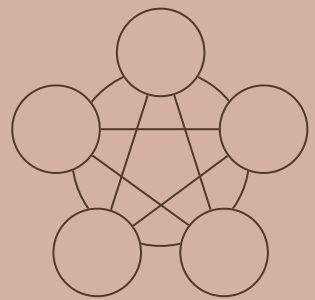
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*Get in touch*

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