



# Creative Kinesiology

*3 top tips!*

## *Welcome!*

We are delighted that you are interested in our wonderful modality of Creative Kinesiology, and look forward to keeping in touch with you via our newsletter.

We aim to send out bi-monthly and our newsletters are full of seasonal tips, upcoming short workshops and courses, professional training information and other insights.

As a thank you for getting involved, we'd like to share our **three top tips for healthy, vital living** that we ourselves use on a daily basis.

Do let us know how you get on! You can reply to this email or [find us on Facebook](#).

With very best wishes - we look forward to connecting with you!

*Sarah-Jayne, Carrie & Sal*

*Current caretakers of Creative Kinesiology*



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## *about CK*

**Creative Kinesiology works with the whole person.**

**All levels are addressed, body – mind – emotions – nutrition  
– energy systems – spirit – soul.**

It was developed in the 1980s by Carrie Jost, with Haakon Lovell on Way of the Tracker and with Natalie Davenport for Perceptual BodyTracking. It is a way of building on the fundamentals of Touch for Health and other kinesiology systems. Creative Kinesiology's approach is one of listening and witnessing, together with working deeply with energy, helping people to overcome deep seated emotional, physical and energetic patterns which may manifest in a variety of ways.

The practitioner and client work together to discover the triggers for healing that are most appropriate for the client, **creating the conditions for the body to find its own way of healing.**

As such, practitioners work with Creative Kinesiology as a set of skills and as an art form, developing the sensitivity necessary to 'journey' alongside their clients.

At the heart of this approach is the knowledge that we are made up of our stories - that our life experiences contribute to who we are today. Not all of our past is helpful or supportive to life now, and by witnessing these stories and then releasing unwanted or unhelpful results of our life experiences (whatever they are), the body, mind and energy systems can be more able to find a new zest for life and full potential.

By using gentle balancing techniques - guided by the innate wisdom of the client's energy system - **the inner powers of healing and desire for health can be supported to help restore balance on all levels of the being.**



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## tip 1

## **WATER**

**Water is essential to enabling us to feel vibrant and energised.**

The potential benefits of **any work that you wish your body to do will be maximised in the body if it is adequately hydrated**, and so checking your daily water intake can play a crucial role in boosting your energy levels.

Drinking a glass of water may be all your body needs to bounce back.

When you are wanting to build up your daily hydration levels, try to always drink a small glass of water more than you did on your previous daily intake.

The following technique can help you limit the amount of daily toilet trips you make:

**With each glass of water (take time as you do this) hold the first mouthful of water from your glass in your mouth for 5-10 seconds, rolling it around your mouth and tongue as you breath in over it.**

This switches the receptors on in your mouth, allowing greater absorption of the water that you drink, instead of the water flowing through you (like when a plant pot is dry the water runs straight through the soil). When your body's hydration level is optimum you will notice that your body feels a lot more energised.

If you feel thirsty try to drink water rather than tea/coffee/juice, as water is much more effective at hydrating the body and other drinks can actually increase dehydration.

Try and drink your water mindfully... imagine every cell in your body is receiving the water gratefully.



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## tip 2

### ***ABDOMINAL BREATHING***

**The Yogis and Masters of the East have known for thousands of years that deep abdominal breathing is very important.**

When we breathe in a shallow way, without awareness, we limit both the peristaltic movement of the digestive system and the cranial rhythms of the skull and brain.

Over-breathing can also result in fear and panic – panic attacks usually include an element of over-breathing.

For those who suffer from bowel conditions, pelvic stiffness and bad backs, as well as breathlessness or panic attacks, the abdominal breathing techniques can provide huge relief, as well as toning abdominal muscles in the diaphragm.

The diaphragm is a dome shaped muscle attached to the bottom of the ribs, crucial to the breathing process. When we breathe in, it moves downwards and flattens, when we breathe out it rises up and returns to its dome shape.

#### **Breathing the Breath of Life, Breathing Patterns**

- Take a breath in through the nose (chest rises) hold for the count of 5 and breath out via the mouth (chest flattens) repeat 5 times.
- Take a breath in through the nose (chest rises) hold for the count of 5 and breath out via the nose (chest flattens) repeat 5 times.
- Take a breath in through the mouth (chest rises) hold for the count of 5 and breath out via the mouth (chest flattens) repeat 5 times.



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## 'PULL YOURSELF TOGETHER' - POINTS

Switching on your body's system's daily can help to maintain the energy needed for you to feel energised and alert.

This exercise can also be done at any time when you require a top up or a boost of energy: when feeling tired, drained, when you need to keep awake or alert, when preparing to drive or during an exam.



- Keeping one hand on your navel at all times to anchor you
- Place your thumb and first two finger tips of your free hand on your chest in the dips just below your collar bone, briskly rub up and down several times (These are the Kidney Meridian end points)
- Place your first and second finger tips at the middle of your top lip & middle of your chin and rub sideways several times (Central & Governing Meridian end points)
- Finally, rub up and down several times on your coccyx area, (your tail bone)
- Swap hands and repeat the above process





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## **School of Creative Kinesiology**

Email: [info@creativekinesiology.org](mailto:info@creativekinesiology.org)

Website: [www.creativekinesiology.org](http://www.creativekinesiology.org)

Thank you for joining our mailing list! We look forward to sharing with you. We promise to keep your personal information safe and will be mindful of how often we communicate. If you'd like to find out more, here is [our privacy policy](#).

You can connect with our larger community, share insights and ask questions on [our Facebook page](#).

If you would like to know more about CK, find a course or buy from our shop, please find us at [www.creativekinesiology.org](http://www.creativekinesiology.org)

*Thank you!*