



*Institute of  
Bioenergetic Arts and Sciences  
Presents*

# Acu-K's Harmonic Chi:

*An Introduction to  
Energy Kinesiology &  
Using Tuning Forks with  
Acupuncture*

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**with concepts and material from  
Applied Physiology  
originated by Richard Utt, L.AC.**

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# *Acu-K – A Primer*

## **Energy Kinesiology**

**Energy Kinesiology** refers to the many modalities that use *muscle monitoring* (also referred to as muscle testing) as a means of communicating with the body. And that, in a nutshell, is what muscle monitoring is – a communication tool. It does not heal, fix, or balance energy. It simply provides the body a voice, which I often refer to as the “*voice of the subconscious*.”

There are 3 main benefits of using muscle monitoring with a client: identifying where blockages to healing exist, identifying why they exist, and allowing the body to indicate what it wants to unblock those blockages. This third part means that Energy Kinesiology has the ability to integrate the whole world of the healing arts, providing the body a means to say what healing modalities it can most benefit from, and in the order that will work best. This enables the body to efficiently clear its blockages and access its own innate healing ability.

But muscle monitoring is just the voice, and a voice isn't always enough to communicate effectively. Clear communication requires a language, and the language of the body is electromagnetic. Therefore, the Chinese meridian system with its associated acupoints is extremely well suited to use as a language. Acupoints are electromagnetic in nature, and because they have meanings that have been identified and proven over thousands of years, we can use them as our language to ask the body questions and get a response by using an *indicator muscle*, the voice of muscle monitoring/kinesiology.

Another system of communication that is used in kinesiology is that of *mudras* – the ancient art of using hand positions as originated in India thousands of years ago. Statues of the Buddha are observed with different fingers touching and hands in different positions. This is also seen in other cultures and religions, where certain hand positions are used to enhance energy and meaning in the body. Alan Beardall, D.C., one of the early researchers in Applied Kinesiology,



found that we can use hand positions as part of the language of Energy Kinesiology. Many “*hand modes*” have now been established that have particular meaning when checked with an indicator muscle.

By combining the use of muscle monitoring an indicator muscle (the “voice”) with acupoints and hand modes (the “language”), we have a sophisticated means of getting answers from the body that would not be easily available consciously through conversation.





In the Harmonic Chi course, we will use these communication tools as a means of asking the body if certain techniques would be useful to enhance an acupuncture session, and/or to provide energy balancing before, during and after the treatment to prepare the client, integrate the session and help the results hold longer.

### **A note on proper muscle monitoring:**

If you're new to using muscle monitoring, there are a couple of things to remember to assist in getting comfortable and ensure good results:

1. Put the arm or leg in the position of the muscle you are wanting to check.
2. Apply **gradual** pressure only until you can feel the person meet your pressure (about 2 pounds) and "hold" their position.
3. Maintain that pressure for 2 seconds, then gradually release your pressure.
4. Ask yourself, "Did the muscle hold (locked)? Or did it soften/feel mushy/bounce (unlocked)?"

Any muscle should be able to hold against this small amount of pressure in the clear. But remember, whether it holds or not, it is not a measure of strength or weakness. It is simply a response. We pay attention to the response based on the context of the question we're asking. Sometimes we want the muscle to be locked, and other times we want it to be unlocked. When the muscle changes to the opposite response (known as an *indicator change*), that's when we know the body is trying to tell us something!

In the following pages, you will be introduced to the art and skill of Energy Kinesiology and how it can be integrated with an Acupuncture treatment. But keep in mind that there are whole systems of Energy Kinesiology that can be used on their own, or in conjunction with other healing modalities. With patience and practice, you will be able to quickly master the use of muscle monitoring as a communication tool. My desire is that the procedures that follow will provide you, the acupuncturist, with new and valuable tools to enhance the already wonderful work you do!

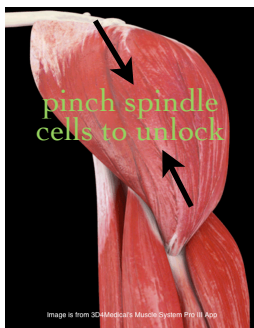
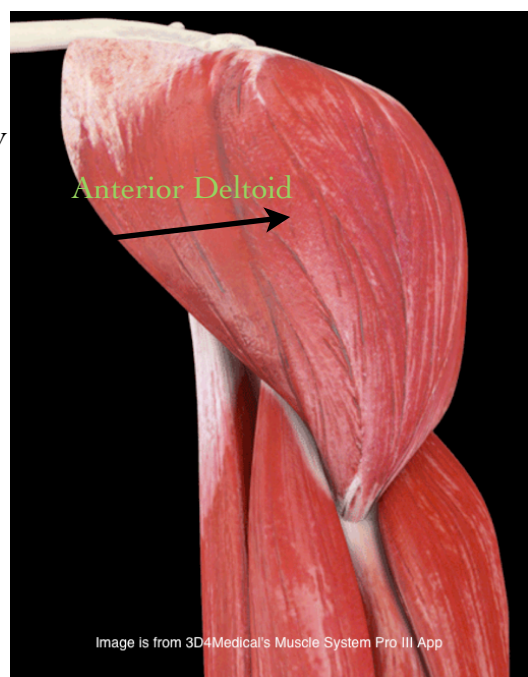
For further information on Energy Kinesiology, please visit [www.healthybodyenergy.com](http://www.healthybodyenergy.com).  
For more information on Acu-K, Applied Physiology and other courses taught by Adam Lehman, please visit [www.kinesiohealth.com](http://www.kinesiohealth.com).

## Monitoring Anterior Deltoid as an Indicator Muscle

Anterior Deltoid is a muscle located in the upper arm. Its origin attachment is at the lateral third of the clavicle (collar bone). It crosses the shoulder joint, joins with the other parts of the deltoid muscle, and inserts into the deltoid tuberosity – a small protrusion in the center of the humerus (upper arm bone). It is the muscle that swings your arm forward when you're walking.

To monitor this muscle, do the following:

1. Bring the arm forward 30 degrees, keeping the elbow straight and locked, the palm of the hand facing slightly inward towards the groin.
2. Inform your client that you'll be pushing their arm straight back (towards the table), and that they should simply "hold" their arm up against your pressure.
3. Apply *gradual* pressure in a posterior direction from just above the wrist, pushing the arm straight back (or down towards the table). Only apply pressure to the point where you feel your client respond by meeting your pressure. At this point, the arm will either hold against that pressure, or not.
4. Gradually release the pressure, noting the result.
5. To identify if Anterior Deltoid is a clear indicator muscle (see procedure on next page), quickly pinch the muscle in its belly on the upper front part of the arm at a slight angle towards the attachment in the middle of the arm on the side. Re-monitor the muscle (it should unlock). Then point your fingers into the center of the belly of the muscle and quickly spread them towards the ends of the muscle. Re-monitor the muscle (it should lock). Remember to pinch and spread only in the direction of the fibers of the muscle.

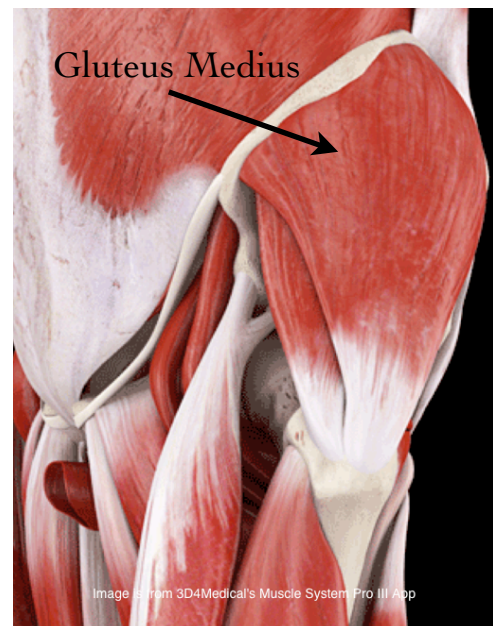
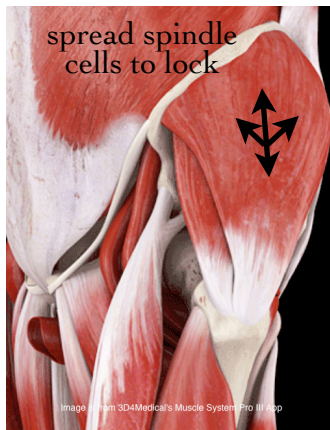
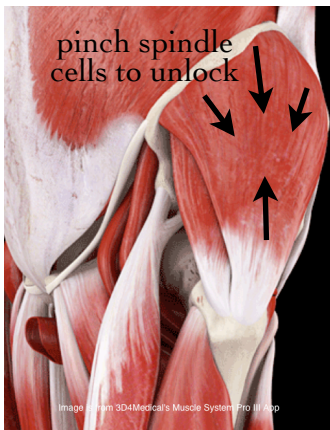


## Using Gluteus Medius as an Indicator Muscle

Gluteus Medius is a powerful muscle of the hip, and a hip stabilizer. When contracted, it draws your leg out to the side (abduction).

To monitor Gluteus Medius, do the following:

1. Gently move the leg of your client out to the side (abduction) about 30 degrees, keeping the knee straight and locked and with no rotation of the leg.
2. Inform your client that you'll be applying pressure in a medial direction, attempting to push their leg back towards the center of the table, midline of the body. Ask them to hold their leg out to the side against your pressure.
3. Apply *gradual* pressure from just above their lateral ankle in a medial direction, pushing their leg towards the midline of the body/center of the table. Only apply pressure to the point where you feel your client respond by meeting your pressure. At this point, the leg will either hold against that pressure, or not.
4. Gradually release the pressure, noting the result.
5. To identify if Gluteus Medius is a clear indicator muscle (see procedure on next page), grab the muscle from it's rounded direction and quickly pinch the spindle cells together. Re-monitor the muscle (it should unlock). Then point your fingers into the center of the belly of the muscle and quickly spread them out in all directions of the muscle. Re-monitor the muscle (it should lock).



# Clear Circuit Indicator Muscle

## Abstract:

A clear circuit indicator muscle is a muscle that has been identified as one that can be used to properly communicate with the body to get information about the issue you are working on with your client. The way we check to make sure the muscle is functional is through a part of muscle neurology known as the spindle cell. Spindle cells are muscle proprioceptors that read the amount of muscle contraction and extension, and the speed at which those happen.

Spindle cells are wrapped around the muscle fiber bundles in the belly of the muscle. In order to see if the muscle is responding properly to the spindle cell mechanism, we manipulate the muscle fibers to “trick” the spindle cells into thinking there is a problem. This is how we identify if the muscle is communicating properly, or not. Let's look at how we do that.

## Procedure: Identifying a Clear Circuit Indicator Muscle

1. Put a muscle (e.g. - anterior deltoid) into contraction and monitor it. It should hold.
2. With thumb and forefinger slightly apart, press into the belly of the muscle and quickly pinch the fibers together in the direction that the fibers run (not across them).
3. Monitor the muscle again. If the muscle is working properly, it should now unlock (not be able to hold against pressure).
4. With the thumb and forefinger together, go into the belly of the muscle and quickly spread the fibers apart.
5. Monitor the muscle again. If the muscle is working properly, the muscle should now lock again (hold against the pressure).
6. Repeat this process with the same muscle on the opposite side of the body.
7. If the indicator muscle doesn't respond as it should, try the following techniques to see if the muscle will correct.
  - A. Rub (or have the client rub) the following combination of points. Always use a neutral touch (thumb and/or 2 adjacent fingers together) when touching points.
    - i. Bilateral Ki 27s simultaneously + CV8
    - ii. CV 24 & GV 26 simultaneously + CV8
    - iii. GV 1 (rub at tip of coccyx) + CV8
    - iv. Re-check the muscle to see if responds properly now. If not, then...
  - B. Have the client drink some water. Recheck the muscle to see if it responds properly now. If not, then...
  - C. Lightly hold the frontal eminence points (most prominent point on the front of the forehead, directly above the center of each eyebrow). Have the client take some deep breaths, and feel for pulses in the points. Recheck the muscle to see if it responds properly now. These points are known as Emotional Stress Release (ESR) points.
- One of the above techniques will usually correct the muscle spindle cell challenge. If not, then you may have to use another muscle.

Any muscle in the body should work in this manner. However, some muscles are easier to use than others, and the belly is more accessible to pinch and spread the fibers. For this reason, we will use the anterior deltoid in these procedures. Gluteus Medius is also offered in case you need to use a leg muscle for convenience factors, or because Anterior Deltoid isn't working properly.

If the muscle doesn't respond as it should in the checks above, then something must be done to correct this before you can continue with a kinesiology session. After all, if the communication mechanism isn't working properly, then how can you trust it to give you accurate information during the rest of the session?

With a clear circuit muscle established to use as an IM, you can now move forward with finding what other methods the body might benefit from for its healing process.



# Harmonic Chi: Tuning Forks And Acupuncture

## Abstract

Sound has been used for millennia as a healing tool. Because sound is a wave form of frequency, it has penetrating properties that can provide healing benefits. But it is not just the root frequency of the sound that offers these benefits – more important are the harmonics, or overtones, that really give a sound its ability to resonate and enhance the healing process.

Applied Physiology's meridian tuning forks, developed by AP's originator, Richard Utt, are perfectly suited to use in conjunction with acupuncture. They were researched to find the combination of metals that produce both a root frequency and harmonics that balance a meridian using that meridian's specific fork. When used in conjunction with acupuncture, the sound emitted by the vibration of the forks causes sympathetic vibration of the needle in the point, adding the extra dimension of the matched vibrational energy directly into the point and its meridian.

There are different ways to use the forks depending on the type of point into which a needle is inserted. We will look at 3 different possibilities.

We will also look at how to use hand modes with an indicator muscle to identify if the body wants sound to be incorporated into a session, and if so, specifically which points to use the tuning forks on.

## Hand Mode

**Sound Mode** – Thumb pad over distal knuckle of index finger

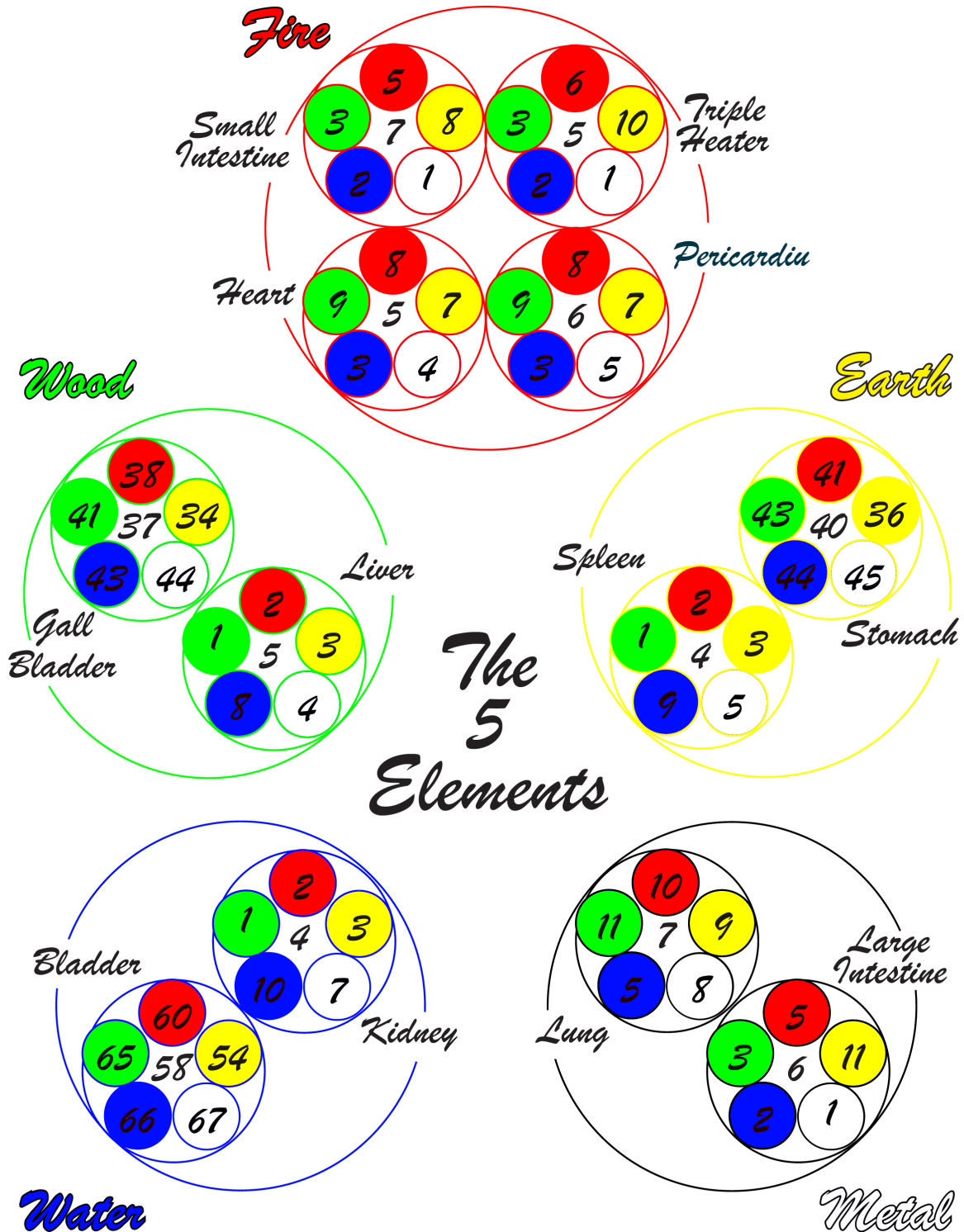
## Procedure:

1. With needles inserted into the client, identify a clear circuit indicator muscle (IM).
2. Hold sound mode and check IM. If the muscle unlocks (indicator change - I/C), the body is indicating it would benefit from using sound.
  - A. If the mode does not give an I/C, that's OK. You can still proceed with checking the points while holding the mode.
3. **Assessment:** Continue holding sound mode and point to each needle inserted in the body. Any needle that wants sound included with it will give an I/C.
  - A. Assess all the points and note which ones want sound before continuing to next step.
  - B. If in Step 2 the muscle remained locked, then the points that want sound will give an unlock I/C. If in Step 2 the muscle unlocked prior to pointing at any needles, then the I/C will show as a locking muscle – in other words, a change in the state of the indicator muscle.
4. **Identify which fork(s) to use:** Use the fork for the meridian of the point in which the needle is inserted.
  - A. Option 1: Use one fork for the meridian the point is on. E.g. – if a needle inserted into Ki 22 indicates it would benefit from sound, use the Kidney tuning fork.
  - B. Option 2: If the point is a command point, you can use 2 forks – one for the meridian the point that is needled is on, the other for a meridian of the element of the command

point. E.G. – If the point needled is Lu 9, the earth element command point, you may use a Lung fork and either a Stomach or Spleen fork. To identify if a point is a command point, see chart on page 10. The numbers in the colored circles are the command point numbers for that meridian. E.g. – Lv 1, 2, 3, 4, & 8 are the liver meridian command points.

- i. To determine which meridian of the command point's element to use, point at the needle with one hand and touch the alarm point for one of the meridians of the element of the command point. While touching the alarm point, step one foot to the side so that your feet are outside of shoulder width (a technique known as pause lock). With feet apart, you may release the touch of the points and check the IM. If this changes the state of the indicator muscle (indicator change or I/C), that is the meridian's fork to use. If it does not unlock, put feet together and repeat using the alarm point of the other meridian for the element of the command point. For the Fire element, there are 4 meridian alarm points to check.
  - ii. Whichever alarm point causes the IM to change (I/C), that is the fork to use. E.g. – In the above example, point at the needle in Lu 9 and touch the Stomach alarm point. While doing so, put your feet apart beyond shoulder width. Check the IM. If it changes, use the Stomach fork with the Lung fork. If it does not change, then repeat this process except this time, point at the needle in Lu 9 and touch the spleen alarm point. If this causes an I/C, then use the Lung and Spleen forks
  - iii. If neither alarm point causes an indicator change, then just use the single fork as in Option 1 above.
- C. Option 3: If the point needled is a Luo Point, use 2 forks. One for the meridian the point is on, the other for its elemental pair. E.g. – if a needle inserted in Lv 5 (the Liver luo point) indicates it would benefit from sound, use the Liver and Gall Bladder forks. To identify if a point is a luo point, see chart on page 10. The numbers in the middle (surrounded by colored circles) are the luo points. E.g. – Lung 7, Triple Heater 5.
5. **Balance:** Ding the fork(s) and hold over the point.
- A. If using one fork, ding the fork against the handle of another fork (holding the tongs of that fork so they don't vibrate and emit sound), a wooden dowel, or a rubber activator. Hold the fork pointed in towards the point, or such that the needle is between the fork's tongs. Allow to ring out. Repeat as necessary.
  - B. If using 2 forks, ding the 2 forks together on the flat edge of the tongs. Hold the forks at a 90° angle to each other, 45° to the body over the point. Allow them to ring out. Repeat as necessary.
    - i. When dinging 2 forks together, always strike them with the flat edge of the tongs, not the corners, to avoid pitting the tongs of the forks.
6. Check IM to see if it is now locked or unlocked. Whichever it is, repeat steps 4 and 5 for any of the needles that showed in step 3.
- A. After balancing a point, it is *possible* that the IM will now be locked while holding sound mode if it was unlocked you first held the mode. You must check to make sure.

Once you know this, then you may continue with identifying 2 fork possibilities, but now an I/C will be from a lock to an unlock rather than the other way around. An indicator change is simply the opposite muscle response to that which you started with when looking for information.



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# Figure 8s & Tuning Forks

## Abstract

Figure 8s are an energy system that exists just off the physical body in the first level of the aura known as the physical/etheric body. As such, it is the energy system closest to the physical body, and virtually overlays the Chinese meridian system. The Figure 8s can have a profound effect on the meridians as well as other aspects of the physical body.

Figure 8s respond well to sound, and while you can affect the Figure 8 system with your hands, using sound increases the effect these amazing energies have on the body.

Using the Figure 8s can enhance an acupuncture session before inserting needles, during the session itself when needles are inserted, or after removing the needles to further integrate the energy changes and help them hold better. While being a profound system of energy healing, it is also remarkably easy to use.

## Hand Mode

**Figure 8s Mode** – Practitioner touches Sp 21 **on the left side** with neutral touch (thumb or 2 fingers)

## Procedure

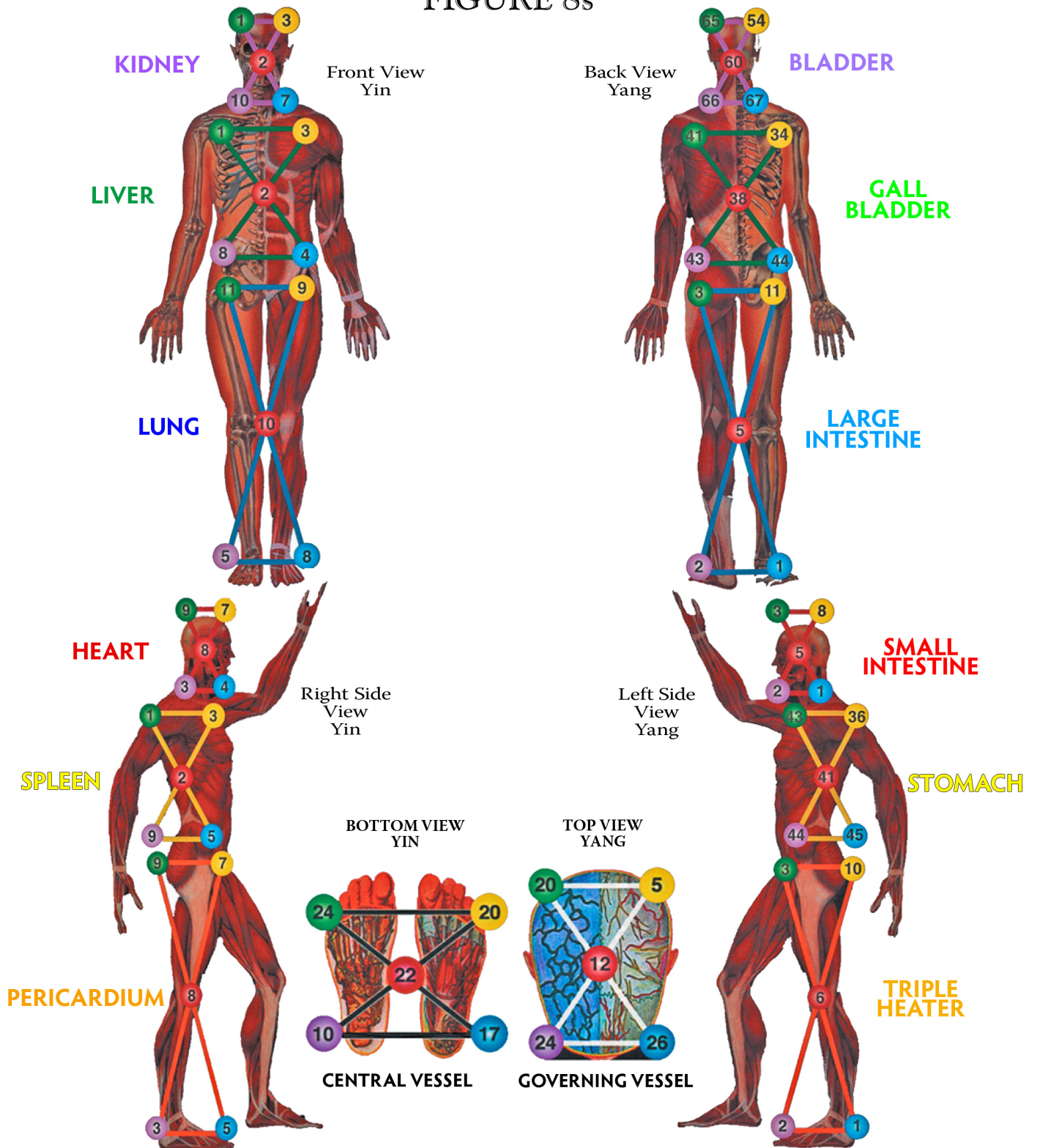
1. Apply Figure 8s Mode. If Indicator Change (I/C), put your feet apart just beyond shoulder width. Keep your feet apart for the rest of the procedure. This holds the mode in the body's circuit so that it knows why you are checking alarm points (the next step). The IM should remain unlocked, as if you were still touching the active mode itself.
  - A. If you need to move to get/exchange forks, or whatever, open your mouth wide before moving your legs. Hold the mouth open until you return to your position at the table and put your feet apart again. Then you may close your mouth, and you've still retained the mode in the circuit. Option: Have your client put their feet apart while you touch them. Now they are holding the information, freeing you to move about.
  - B. Option: Even if the mode does not give an I/C, put your feet apart to hold the mode. Continue with the next step to see if there are any "hidden" Figure 8s.
2. Touch the alarm (Front Mu) points with neutral touch until the IM changes (I/C). This identifies the Figure 8 you will use. Use the Figure 8 chart to determine where on the body that meridian's Figure 8 is located. (Ignore the numbers in the circles on the chart. This is for another technique.)
3. Over the area of the body indicated, sweep your hand quickly in an "X" pattern, one bar at a time in both directions. E.g. – for the Liver Figure 8, located over the front torso, sweep from the left hip to the right shoulder. Check the IM. If no change, sweep from the right shoulder back to the left hip. Check the IM. If no change, sweep from the right hip to the left shoulder. Check the IM. If no change, sweep from the left shoulder back to the right hip. Check the IM.
  - A. One of the directions should give an I/C. This is the direction you will use to balance the Figure 8 with the appropriate tuning fork.

4. Use the tuning fork for the meridian that indicated in Step 2 (the alarm point's meridian). Ding the fork (against the handle of another fork while holding that fork's rungs to keep it from vibrating, or a wooden dowel, or a rubber activator). Pointing the fork down towards the body, draw a Figure 8 over the area of the body that was indicated by the alarm point in the direction indicated in Step 3, starting at the position where the sweep that indicated began.
  - A. Continue drawing 8s while the fork vibrates. When it stops vibrating, ding it again and repeat. Continue until the Figure 8 is balanced.
5. When complete with the Figure 8, check the IM to see if it is locked or unlocked. After successful balancing, it will usually be locked.
  - A. Check the IM with the spindle cell check as if you were determining if the IM is clear circuit. If it is not, do more of the same Figure 8 with the same fork until the IM is clear when you are finished.
6. Recheck the sweeps of the Figure 8 you've just worked on to make sure it is clear. If not, do more with the forks. If clear, go on to next step.
7. Noting if the IM is locked or unlocked, repeat Steps 2-4 until no more alarm points show in Step 2. Then the Figure 8s balance is complete. You may now put your feet back together and move freely.
8. **Option:** After the treatment is complete and all needles removed, repeat the entire Figure 8s procedure. In step 1, even if the mode does not give an I/C, put the feet apart and check all the alarm points. You may find a "hidden" Figure 8. Balance according to the procedure, and continue until no alarm points show. This is a very useful procedure for your clients to integrate their treatment, reducing any immediate discomfort and providing a longer lasting result.

## Additional Notes

- ☛ Figure 8s are great for neurological issues.
- ☛ Figure 8s help release trapped memory from old injuries. They can help with old scars, restoring function and energy flow in the area of the scar (requires some massage to break up old scar tissue – do not do this on a scar that has not fully healed yet!)
- ☛ Figure 8s are an important "finishing" technique – they help integrate and ground whatever balancing has come before it, helping your work to hold better.
- ☛ Figure 8s can be used on yourself, particularly after acute injuries. As soon as you are able, draw Figure 8s with 2 fingers pointed in towards the body over the injury area. Do as long or as much as you can. They help to sew the energy back together again, manifesting into the physical body as a healing template. They help to reduce swelling and bruising, reducing healing time, improving scar healing, and reducing pain. Don't worry what direction to go in when using on an acute energy – any direction will work!

# APPLIED PHYSIOLOGY'S 7 ELEMENT HOLOGRAM FIGURE 8s



# *Harmonic Chi Procedure*

1. Identify Clear Circuit Indicator Muscle using the Clear Circuit Indicator Muscle Procedure (Page 8)
2. Option: Do Figure 8s Procedure (Page 13)
  - A. This is particularly useful if client is needle-phobic, or comes in already stressed
3. Do Acupuncture diagnosis and insert needles
4. Do Tuning Forks with Needles Procedure (Page 10)
5. Option: Do Figure 8s Procedure (Page 13) with needles still inserted
  - A. This can be helpful to integrate the needle pattern and enhance the effect of the acupuncture treatment.
6. When Acupuncture session is complete, remove needles
7. Do Figure 8s Procedure (Page 13) to integrate the Acupuncture session and ground the client
  - A. This can help when clients tend to get up from their session and be a little dizzy and disoriented.
  - B. Figure 8s helps integrate the Acupuncture session between physical and metaphysical, helping the treatment's results last longer.