

# KINESIOLOGY

## THE ENDLESS POSSIBILITIES

**Mgr. Miloslava Rutová**

**Facilitator and therapist of Kinesiology One Brain, the method of Transformation, Family Constellations Therapist, Member of the Parliament of the Czech Republic**

Kinesiology One Brain is a gentle and gentle method to eliminate emotional stress, applicable at any age. The discoveries in the field of behavioral genetics, and the muscle test technique, led to the development of this method. Unprocessed experiences accompanied by pain, fear, or dread of future pain can block our natural experience of life, causing psychological and psychosomatic issues. If a person is truly determined to put an end to the problem, the self-healing forces will be restarted through kinesiological unblocking. Kinesiology helps a person to take responsibility for maintaining mental well-being and physical health.



**Photo citation:**

I have been using the One Brain method for 26 years and teaching it at the same time. I am currently working with a variation of Transformation, sponsored by my first One Brain teacher, Carol Ann Hontz. As a special educator many years ago, my desire was to help children at school to become more confident, comfortable, and achieve better. This method has enabled me to do just that. I give thanks every day for having met her. Kinesiology teaches us to love not only ourselves and our surroundings, but all life on earth.

**Kinesiology helps to solve:**

- Learning and behavioral issues
- dyslexia
- self-confidence disorders
- fears, addictions, obsessions
- allergies and eczema
- obesity, digestive issues
- back pain



- chronic pain, unexplained pain
- relationship issues
- dissatisfaction with your life
- insomnia
- fertility issues
- failures in athleticism

The cause of the issue in the present tends to be a past negative experience. When stressed, we automatically repeat learned reactions fixated by our past painful experiences. In kinesiological unblocking, we look for the period in life when the problem first appeared. We search in childhood, in prenatal life, and sometimes in past generations. We unblock the painful experience, reinforce the unblocking with simple corrective exercises, and the client's issue is eliminated.

On a conscious level, the negative experience is denied or repressed. A muscle test uncovers it, and thus we get the key to healing. We reach the truth through the communication of the brain and muscles. The information we receive, and the process itself, are very precise. The muscle test, where a negative is signalled by relaxing the muscle and a positive by its tension, is the basis of the method.

Simple kinesiology exercises with the goal of connecting the brain hemispheres can be used with children at school every day. They will show a definite improvement in concentration, attention, coordination, and enjoyment of learning. Every educator and parent should be informed about this possibility in order to improve children's lives in an inexpensive way. The more people around us who become familiar with kinesiology, the better for all of humanity and the planet.



**Frontal/Occipital Holding**

I can be alert and prepared throughout the day, get rid of stress, fear and anxiety, anger and pain. When I'm upset and need to focus on new ways to deal with my problem, I'm breathing deeply and holding my head. This exercise helps me find new solutions, dismiss my fear and get rid of stress.



**Hearing Helper**

When my ears have ache in them or I hear incorrectly, I unroll the outer edge of each ear. Then I won't miss anything.



**Cook Method**

If I can not sleep, need to be prepared for a test, would like school to be fun or am hyperactive, this exercise calms me down. It balances my energy.



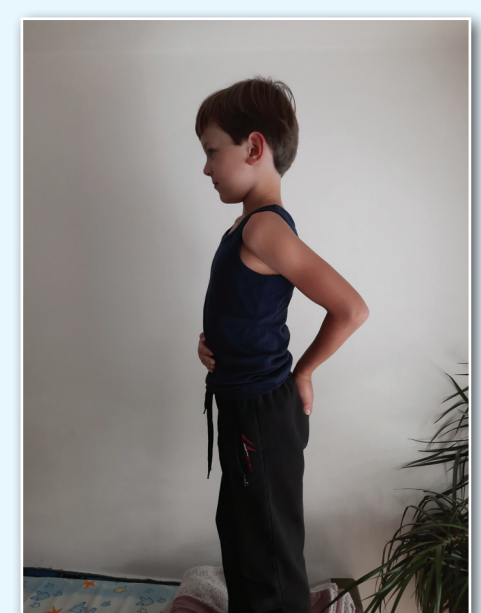
**Infinity Tracing**

To improve my writing and reading, I trace the infinity sign. I start in the middle, go up to the right, cross over the mid-line, then up left, and come back to the center. First with one hand, then the other, and finally both hands together. I don't move my head, I track with my eyes. This switches on both brain hemispheres.



**Over-load**

When I feel like an outlet to which they have plugged too many electrical appliances, I balance the energy of my body by rubbing the points according to the pictures while holding my navel. I have to switch my hands during the exercise. Then my energy is in balance.



**Cross crawl**

When the passageways between the brain hemispheres become blocked, the cross crawl exercise will help me. I touch the opposite raised knee with my hand and then alternate with the other side. Then I no longer confuse my right and left hands.

**Client's quote**

„Dear Míla, Thank You for your life. Just like real CPR, it's all about the heart... And you made mine beat again.  
Love, Marie“