

Emotional Overlays

Evaluation: There should exist one or more of the following findings that can be monitored via standard manual muscle testing (MMT) using any Indicator Muscle (IM).

1. **ESR Points Active:** Emotional Stress Reflex (ESR), also known as the stomach neuro vascular points in classic applied kinesiology is located mid forehead. Therapy localization (TL) of active ESR points represents the most *minimal* emotional state generally not requiring therapeutic intervention.
2. **Right Masseter (jaw) Muscle:** Active therapy localization of the right masseter muscle represents a *mild* emotional stress state. Activation of the right jaw indicates the CNS initial attempt to diffuse emotional stress.
3. **Endocrine System Involvement:** Left Pec Major Sternal (PMS) muscle opens the endocrine circuit and will test inhibited in the clear with any significant emotional overlay. The left PMS within N.O.T. is the primary muscle challenge of the Endocrine system. This finding represents the neurochemical attempt by the nervous system to both compensate and diffuse the active stressors systemically. Systemically, the digestive system is always involved with the primary organ being the stomach. However it is not uncommon for the stress pattern can be transferred to the heart. In this situation, the heart becomes the primary organ, Cardiac Back Stress Syndrome.
4. **Right Sphenoid Bone Tilt:** Therapy localization of the sphenoid bone with a distortion pattern of descending on the right & elevated on the left is indicative of reoccurring/chronic *moderate* emotional stress, i.e. “*compensated depression like state*”.
5. **Crown Chakra Collapse:** Identification of a collapsed Crown Chakra, via therapy localization of the crown chakra located on top of cranium in the midline, is strongly suggestive of *moderate to severe* emotional state “*uncompensated emotional stress, i.e. depression state*”.

Screening: Observation of levels 1-5 above are summarized here as:

- 1) Minimal Emotional Stress: Level 1 active ... ESR Points
- 2) Mild Emotional Stress: Level 1-2 active ... ESR Points, Right Emotional Jaw
- 3) Mild-plus Emotional Stress: Level 1-3 active ... ESR Points, Right Emotional Jaw, Endocrine System with stomach/heart involved
- 4) Moderate Emotional Stress: Level 1-4 active ... ESR Points, Right Emotional Jaw, Endocrine System Involvement and Sphenoid distortion
- 5) Severe Emotional Stress: Level 1-5 active ... ESR Points, Right Emotional Jaw, Endocrine System Involvement, Sphenoid distortion with Crown Chakra Collapse

Emotional Survival Complex: The next phase of correction addresses the emotional state which is referenced here as the Emotional Survival Complex (E.S.C.). The E.S.C. is comprised of specific limbic centers primarily in the mid-brain which will be treated by neutralizing its overactive state. A one to one relationship is also made of these limbic centers to internal organs.

The therapeutic correction of the emotional components utilizes primarily a neuro linguistic programming based eye-mode correction. The method described below involves active patient participation. If one wishes to substitute an alternative emotional clearing method the remaining steps can be skipped.

Evaluation & Correction: Challenge for each limbic component by placing the patient's left hand on left SP-21 and the patient's right hand on the cranium essentially therapy localizing the different limbic system components listed below. Next elevate one leg then tap the coronal suture on the top of the head, then elevate the other leg followed by the patient moving their eyes up to the left & right (holding this gaze for 4-seconds each time or by practitioner gently stretching eye muscle fascia in the directions of up to the left & right for 2 seconds). This simulated walking activity is required to activate the right and left hemispheres of the involved limbic system components and their associated organs. No singular activity involves greater overall primitive brain function then walking to assist in neural activation. The practitioner is expected to have an academic understanding of each limbic component one is addressing and be able to focus on it during the correction!

Limbic System Components:

- **Reticular Activation System Reset:** Patient places right hand under general occipital area to therapy localize and access the Reticular Activation System (R.A.S.). Correction is as described above. The R.A.S. is a control modulatory system acting as a neuronal network extending from the brain stem to the cortex and is primarily responsible for maintaining awareness in the conscious state. This step is only seen in initial correction.
- **Amygdala Reset:** Patient's right hand remains under occiput contacting right and left sides. Correction is as described above. The Amygdala is well understood to be involved in core emotions of fear and aggression (always present). Anatomically it is located deep in the temporal lobes above the brain stem shaped like an almond (bilateral). It also plays a role in memory and decision making.
- **Raphe Nucleus:** Patient's right hand remains under midline occipital area to represent therapy localize of the Raphe Nucleus (R.N.) within the upper brain stem. The R.N. sends multiple projections throughout brain and cord that regulate motor, somatosensory, and limbic systems. One can generalize its function as the serotonin generator and releasing pathway for the Brain. Medications such as selective serotonin reuptake inhibitor (SSRI's) antidepressants are believed to significantly act in this area.

- **Cingulate Gyrus:** (Periventricular Gray Area) Patient’s right hand/fingers are placed along sagittal midline suture. Correction is as described above. Anatomically it is located above the corpus callosum in the midline. It is an integral component of the limbic system as it is involved with linking and guiding behaviors from other areas. Depression and schizophrenia always involve this area of the brain.
- **Prefrontal Cortex:** (may or may not be present as with the Raphe Nucleus) Patient’s right hand is placed over forehead. Correction is as described above. The frontal cortex is described as our executive center of the brain playing a vital role in social behavior. When this area is identified, personality issues are often present. When Raphe Nucleus and Prefrontal cortex are identified, one must pay serious attention to depression and more complex emotional imbalances.
- **Corpus Callosum:** Patient’s right hand/fingers are placed along sagittal midline suture. Correction is as described above. Corpus Callosum integrates right & left hemispheres.
- **Hippocampus:** Patient’s right hand remains under occiput area. Correction is as described above. Hippocampus located under the cerebral cortex bilaterally. It plays a key role in consolidation of short-term to long-term memory and spatial orientation. One can think of the hippocampus as our present time memory essentially represents the seat of consciousness. (always present)

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