

nk institute
NEUROENERGETIC KINESIOLOGY



COURSE GUIDE

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nk institute
NEUROENERGETIC KINESIOLOGY

make the unknown known



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What is Kinesiology?



Kinesiology was developed in the 60's by Chiropractors in the United States of America. Since then it has developed into a natural therapy in its own right, in fact kinesiology is now the world's fastest growing natural therapy. Kinesiology uses muscle monitoring to assess and correct imbalances in the body's different structures.



In the model of kinesiology there is a connection between the physical structures such as the muscles, bones, hormones, neurology, etc and the energetic structures such as the aura, chakras, meridians, etc. Muscle monitoring gives the practitioner the ability to assess the stress levels in the physical and energetic structures. After the source of the stress has been identified, muscle monitoring allows the practitioner to find what would be the most appropriate correction technique to correct the imbalance. This eliminates the need for guess work, thereby making the corrections very efficient.



The correction techniques used are typically acupressure, reflexology, emotional stress diffusion, sound healing (tuning forks), colour healing, flower essences, chakra balancing, etc. Other correction techniques can be employed according to the practitioner's training. This makes kinesiology a very complementary modality for other alternative therapies. For example kinesiology has successfully integrated into the practises of Naturopaths, Homeopaths, Herbalists, and Traditional Chinese Practitioners among others.

Kinesiology is non-invasive, the client can keep all their issues in their head, thereby respecting the clients need for privacy.

Neuroenergetic Kinesiology

Neuroenergetic Kinesiology (NK) is a complementary natural healing method developed by Hugo Tobar one of the world's modern leaders of Kinesiology. It uses ancient knowledge from China and India combined with the modern science of anatomy and physiology to remove blockages or stress from the body in a 'Kinesiology Balance'. This activates the self healing power of the body through the meridians, acupressure points, nadis and chakras. This ancient wisdom is combined successfully in a powerful new method and applied to clients in a 'Kinesiology Balance'.

Neuroenergetic Kinesiology (NK) functions with the human energetic structures, the psyche, anatomy and physiology. Stress can therefore be identified and removed in all areas where Neuroenergetic Kinesiology is applied.

In the introductory courses 'Principles of Kinesiology 1 to 4' you will learn the basic principles of Kinesiology and therefore understand the human energetic structures. With each of the four weekend courses there is a supervised practice evening. The course 'Brain Formatting' introduces the students to the world of formatting – a combination of acupressure points and mudras that identify and remove the stress patterns in the body. First if we know where stress will be stored in the body, it then can be successfully released using this method.

After the foundation training in kinesiology and the introduction to formatting is completed, the next part of the training is the study of primary emotions that are survival mechanisms deep in our unconscious. Fear, rage, separation stress, nurturing and motivation often provide us huge challenges both internally and in our environment.

Neuroenergetic Kinesiology is a holistic method; it is empowering and works on all of the important areas such as the energetic structures, psychology, anatomy and physiology.

Neuroenergetic Kinesiology covers different areas of interest and different streams within it can be studied after the foundation training. These streams are the 'Health stream', the 'Structure and Movement stream' and the 'Learning Stream'.

Proficient practitioners of Neuroenergetic Kinesiology can perform the following kinesiology tests and balances:

- Kinesiology tests for all aspects of the immune system including vaccination reactions
- The physiology of the bone marrow including T cells, B cells, red blood cells, etc.
- The hormonal system with its 4 classes of hormones and 14 hormonal systems
- Kinesiology tests for biochemical factors that enable the balancing of biochemical pathways.
- Recognise archetypes, the symbolic representation of stress behaviour

patterns of our psyche

- Tests and balances for primitive reflexes
- Identify imbalances in the different dimensions of chakras and their meaning
- Exact identification of the causes of problems and reoccurring patterns can be identified and balanced
- Activate the vast neuronal network throughout the entire brain, addressing many different types of specific brain functions.
- Activate efficient and context specific regulation processes of the brain
- Links between the complex interactions of different brain areas and brain function
- Balances for the physiology of emotional regulation centres in the brain and their responses
- How to use setups for specific learning and performance problems
- Balances for all cortical pathways including the corpus callosum, projection and association fibres
- Holographic kinesiography balances for the body structure including all of the skeletal muscle, bones, ligaments, tendons, fascia and skin.
- Kinesiography balances for all of the main joints (hip, knee, elbow, shoulder, hand and ankle) and above all a very effective procedure for the back
- Balance for the cranial bones and the jaw

When can Neuroenergetic Kinesiology balancing methods be applied?

- Removing learning difficulties
- Increase concentration and motivation
- Reading, writing and mathematical skill improvement
- Memory improvement
- ADHD
- Burnout
- Chronic Fatigue
- Raising Selfawareness
- Psychosomatic disorders
- Depression
- Emotional problems (anxiety, frustration, aggression, etc.)
- Cardiovascular system
- Immune system tonification
- Digestive problems
- Hormonal problems
- Hypoglycemia
- Hyperglycemia
- Food sensitivities
- Structural problems (sports injuries, prolapsed discs, knee pains, etc.)
- Hearing and vision
- High blood pressure
- Performance enhancement
- Stress management



Hugo Tobar

Founder of Neuroenergetic Kinesiology

Neuroenergetic Kinesiology, now considered to be a major force in modern Kinesiology, is the brainchild of Hugo Tobar.

First discovering Kinesiology during a 3 year study of Eastern philosophies in India, Hugo's rich cultural background, extensive world travel, and in-depth study and research into all aspects of Kinesiology and its related fields have been the fertile source for his development of the exciting and insightful stream of Kinesiology known as Neuroenergetic Kinesiology.

An invitation to present a paper on his Neuroenergetic method at the Applied Physiology annual meeting in Arizona in 1999, led to world-wide recognition, not only of Hugo's theories but also of his teaching methods.

Teaching in institutes all over Europe, including at Kirchzarten Germany, the world's largest Kinesiology Institute, Hugo soon built up a following and a dedicated group of practitioners who are passionate about spreading his work and effecting the consequential flowthrough changes it makes in individual's lives, in their health and wellbeing.

Hugo established the NK Institute (formerly known as the International College of Neuroenergetic Kinesiology), an accredited Registered Training Organisation (RTO), in Australia where students can pursue their exploration of kinesiology in accredited courses from introductory to Diploma level, and beyond.

As Hugo says, "The Power is making the Unknown Known"

www.nkinstitute.com

HLT42812 Certificate IV in Kinesiology



The Certificate IV has 15 units of competency; they are divided between 10 common units and 5 specialisation units. To obtain the qualification the candidate must show competency in all 15 units and attend the accredited kinesiology courses listed on the next page

Common Units

Unit code	Unit name	Category	Hours
HLTAP401B	Confirm physical health status	Anatomy & Physiology	80
HLTCOM408D	Use specific health terminology to communicate effectively	Anatomy & Physiology	40
HLTFA311A	Apply first aid	Anatomy & Physiology	18
HLTIN301C	Comply with infection control policies and procedures in health work	Anatomy & Physiology	40
BSBWOR203B	Work effectively with others	Communication	15
HLTCOM404C	Communicate effectively with clients	Communication	30
HLTCOM406C	Make referrals to other health care professionals when appropriate	Communication	40
HLTHIR301C	Communicate and work effectively in health	Communication	40
HLTCOM405D	Administer a practice	Management	30
HLTWHS300A	Contribute to WHS processes	Management	30

Specialisation Units

Unit code	Unit name	Hours*
HLTKIN401C	Work within a kinesiology framework	20*
HLTKIN402B	Plan the kinesiology session	20*
HLTKIN403B	Apply kinesiology assessment framework	20*
HLTKIN404B	Perform the kinesiology health assessment	20*
HLTKIN405B	Provide kinesiology balances	20*
Total		100*

*These units are done via the Principles of Kinesiology Certificate IV workbook. The AKA accredited hours are 66% (66 hours) of the Principles of Kinesiology Certificate IV workbook.

The candidate is required to undertake accredited kinesiology training that is accredited by the local Kinesiology Association. Certificates of attendance and proficiency are required, these should be issued by accredited instructors and assessors. The workbook hours are included.

Certificate IV	AKA Category	Hours
Accredited kinesiology (see table below)	A & B	120
Principles of Kinesiology Certificate IV Work book	A	66
Chakra Hologram I	B	32
Neuroemotional Pathways I	B	32
Total		250

120 hours of kinesiology should be accredited by your local association. Courses recommended (but not limited to) for the Certificate IV in Neuroenergetic Kinesiology are from Neuroenergetic Kinesiology:

Course	AKA Category	Hours
Principles of Kinesiology (Courses only)	A	80
Balancing with the Five Elements	B	16
Brain Formatting	B	16
Chakra Metaphors	B	16
I Ching Hologram	B	24
Physiology Formatting	B	32
Sound & Light Healing	B	8

The non-kinesiology part of the training is divided into 3 components and is incorporated within the common units of competency with the exception of the first aid unit, all of the units will be delivered as a part of the training. Any successful candidate will be required to achieve a senior first aid certificate from an accredited organisation (e.g. Red Cross) before they can be issued the qualification.

For accreditation purposes the candidate will be awarded the following non-kinesiology hours:

- Anatomy and Physiology: 160 hours
- Communication: 125 hours
- Practice Management: 60 hours

The practitioner registration requirements for an AKA Registered Practitioner (Level 1) are as follows:

- 250 hours of kinesiology
 - Minimum of 100 hours of category A
 - Minimum of 75 hours of category B
- 50 hours of Anatomy & Physiology



This course is Austudy approved - Centrelink reference number: 4P950



HLT51507 Diploma of Kinesiology



The Diploma has 14 units of competency; they are divided between 6 common units, 3 electives and 5 specialisation units. To obtain the qualification the candidate must show competency in all 14 units and attend the accredited kinesiology courses listed on the next page. The Certificate IV in Kinesiology is the prerequisite for enrolment in this.

Common Units

Unit code	Unit name	Category	Hours
HLTAP501C	Analyse health information	Anatomy & Physiology	40
HLTAN510C	Use advanced health terminology in a professional context	Anatomy & Physiology	72
CHCORG428A	Reflect and improve upon professional practice	Communication	60
HLTCOM502C	Develop professional expertise	Communication	40
HLTCOM510B	Provide services to clients with chronic diseases or conditions	Communication	50
HLTHIR506C	Implement and monitor compliance with legal and ethical requirements	Communication	50
HLTSHU509C	Maintain personal health and awareness as a professional responsibility	Communication	85
HLTCOM503D	Manage a practice	Management	50
HLTNUT602C	Provide specialised nutritional care	Nutrition	60
HLTNUT610B	Provide basic dietary advice	Nutrition	40

Note: Units are subject to change

Specialisation Units

Unit code	Unit name	Hours*
HLTKIN506B	Perform an advanced kinesiology health assessment	30*
HLTKIN507B	Plan an advanced kinesiology session	30*
HLTKIN508B	Apply an advanced kinesiology assessment framework	30*
HLTKIN509B	Monitor and evaluate kinesiology balances	30*
Total		120*

* These units are done via the Principles of Kinesiology Diploma workbook. The AKA accredited hours are 66% (79 hours) of the Principles of Kinesiology Diploma workbook.

To enrol in the Diploma of Kinesiology, the candidate must have achieved the Certificate IV in Kinesiology.

The candidate is required to undertake accredited kinesiology training that is accredited by the Australian Kinesiology Association (AKA). Certificates of attendance and proficiency are required, these should be issued by accredited AKA instructors and assessors.

To be awarded the Diploma of Kinesiology the candidate must complete the assessments of the units of competency and attend the accredited courses on the next page. The candidate has two options for the courses depending on their area of interest. There is the health stream and the learning stream, the candidate only needs to attend the courses in one of these streams.

Diploma of Kinesiology Core Courses	Category	Hours
Principles of Kinesiology Diploma Workbook	B	79
Chakra Hologram 2	B	32
Celestial Chakra Hologram	B	32
Neural Emotional Pathways 2 & 3	B	40
Body Structure Hologram 1		32
Body Structure Hologram 2		24
Neural Emotional Pathways 4	C	32
Total		271

This is 271 hours of accredited kinesiology

- 207 hours of Category B
- 64 hours of Category C

The non-kinesiology part of the training is divided into 3 components and is incorporated within the common units of competency with the exception of the first aid unit, all of the units will be delivered as a part of the training. Any successful candidate will be required to achieve a senior first aid certificate from an accredited organisation (e.g. Red cross) before they can be issued the qualification.

For accreditation purposes the candidate will be awarded the following non-kinesiology hours:

- Anatomy and Physiology: 112 hours (372 hours including Certificate IV)
- Communication: 285 hours (410 hours including Certificate IV)
- Practice Management: 50 hours (110 hours including Certificate IV)
- Nutrition: 100 hours

The practitioner registration requirements for an AKA Registered Specialised Kinesiology Practitioner (Level 2) are as follows:

- 500 hours of kinesiology
 - Minimum of 100 hours of category A
 - Minimum of 200 hours of category B
- 100 hours of Anatomy & Physiology
- 40 hours of Nutrition
- 40 hours of Communication Studies
- 40 hours of Practice Management



This course is Austudy approved - Centrelink reference number: 4P950

30922QLD Advanced Diploma of Neuroenergetic Kinesiology



The Advanced Diploma has 8 modules, made up of 7 core units and 1 elective unit to obtain the qualification. The Diploma of Kinesiology or equivalent is the prerequisite for enrolment in the Advanced Diploma.

Information

To enrol in the Advanced Diploma of Neuroenergetic Kinesiology, the candidate must have achieved the Diploma of Kinesiology or equivalent qualification.

The candidate is required to undertake accredited kinesiology training that is accredited by NK Institute. Certificates of attendance and proficiency are required, these should be issued by accredited NK Institute instructors and assessors.

To be awarded the Advanced Diploma of Neuroenergetic Kinesiology, the candidate must complete the assessments of the modules and attend the accredited courses above. The candidate may have attended some of the courses in the Certificate IV and the Diploma but will still need to complete the advanced diploma assessments for the courses.

The learning outcomes of this course are to provide the kinesiology practitioner with advanced kinesiology skills to balance clients with a wide range of problems. This is achieved by using the internationally recognised Neuroenergetic Kinesiology Acupressure Formatting System.

Graduates of this course will meet the requirements of the Australian Kinesiology Association Registered Advanced Kinesiology Practitioner (Level 3). They are also eligible to receive 80 credit points towards the 192 required for the Bachelor of Health Sciences (Complementary Medicine) from Charles Sturt University.

This course is Austudy approved - Centrelink reference number: 4P950



Charles Sturt
University

UNITS OF COMPETENCY

Unit Code	Core Units	Hours
256QLDNEK04A	Provide Specialised Neuroenergetic Kinesiology Immune System Balances Immune & Vaccination Pathways 1 & 2	288
256QLDNEK05A	Provide Specialised Neuroenergetic Kinesiology Bio-chemical Balances Nutrition Hologram 1 & 2	160
256QLDNEK01A	Provide Specialised Neuroenergetic Kinesiology Neurological Balances Brain Hologram A, B, C & D	160
256QLDNEK06A	Provide Specialised Neuroenergetic Kinesiology Endocrine Balances Hormone Hologram 1 & 2	144
256QLDNEK07A	Provide Specialised Neuroenergetic Kinesiology Structural Balances Body Structure Hologram 1 & 2	160
256QLDNEK08A	Provide Specialised Neuroenergetic Kinesiology Energetic Structure Balances Celestial Chakra Hologram & Chakra Hologram 1, 2	288
256QLDNEK09A	Provide Specialised Neuroenergetic Kinesiology Neuroemotional Balances Neuroemotional Pathways 1, 2 & 3	320
Elective Units (Choose 1)		
256QLDNEK02A	Provide Specialised Neuroenergetic Kinesiology Neurochemistry Balances Neurotransmitter Hologram	144
256QLDNEK03A	Provide Specialised Neuroenergetic Kinesiology Primitive Reflex Balances Primitive Reflexes & the Brainstem 1, 2 & 3	192

In each unit the Neuroenergetic Kinesiology course that the candidate is required to attend for competency in the unit is stated underneath the unit name. The total hours includes face to face instruction and home learning.

Articulation Pathways

Once the candidate has enrolled in the Advanced Diploma of Neuroenergetic Kinesiology, the following articulation pathways are available with Charles Sturt University in Australia. This program is provided through distance education.

Bachelor of Health Science: (Complementary Medicine)

http://www.csu.edu.au/courses/undergraduate/complementary_medicine/course-overview

Core Units (All 7 are compulsory)
BMS291 Pathophysiology & Pharmacology 1
BMS292 Pathophysiology & Pharmacology 2
BMS343 Evidence Based Complementary Medicine
IKC100 Indigenous Health
LAW304 Legal and Ethical Issues in Complementary Medicine
NUT201 Food & Health
SOCI08 Sociology of Health and Health Care
Elective Units (Choose 6 only)
BCM210 Foundations and Techniques in Biochemistry
BMS208 Human Nutrition
BMS233 Nutritional Physiology
BMS243 Nutrition, Metabolism and Human Disease
BMS323 Infectious Microbiology and Immunology
BMS406 Human Reproductive Biology
NRS235 Pain Management
NUT220 Food Intake Analysis and Meal Planning
POD307 Medicine 1 (Rheumatology and Musculoskel Pathology)
POD315 Medicine 3 (Mental Health, Neurol & Vascular Medicine)
PSY214 Health Psychology
SCI301 International Practical Experience

Master of Health Science:

http://www.csu.edu.au/courses/postgraduate/health_science_master/course-overview

Doctor of Health Science:

http://www.csu.edu.au/courses/postgraduate/health_science_doctor/course-overview

10359NAT Graduate Diploma of Neuroenergetic Kinesiology



The Graduate Diploma has 11 units of competency. To obtain the qualification the candidate must show competency in all 11 units and attend the kinesiology courses listed on the following pages.

GRADUATE DIPLOMA UNITS

This is the first ever accredited Graduate Diploma in the field of Kinesiology or Natural Medicine. This accredited course is the culmination of 15 years of kinesiology development by Hugo Tobar. It provides the kinesiology practitioner with the necessary skills and knowledge to provide clients with advanced physiology and pathology Neuroenergetic Kinesiology balances.

Each of the 11 courses has information on the advanced anatomy and physiology of the system and how to apply Neuroenergetic Kinesiology balancing techniques to these physiologies. This gives profound kinesiology balancing options for many different presenting client issues.

in each course there are kinesiology balancing ideas for many different pathologies for each of the 11 human body systems.

Neuroenergetic Kinesiology with this 4 qualification pathway is the most complete and advanced kinesiology balancing system in the world today.

Any Accredited Advanced Diploma of kinesiology is a prerequisite for this qualification.

GRADUATE DIPLOMA UNITS

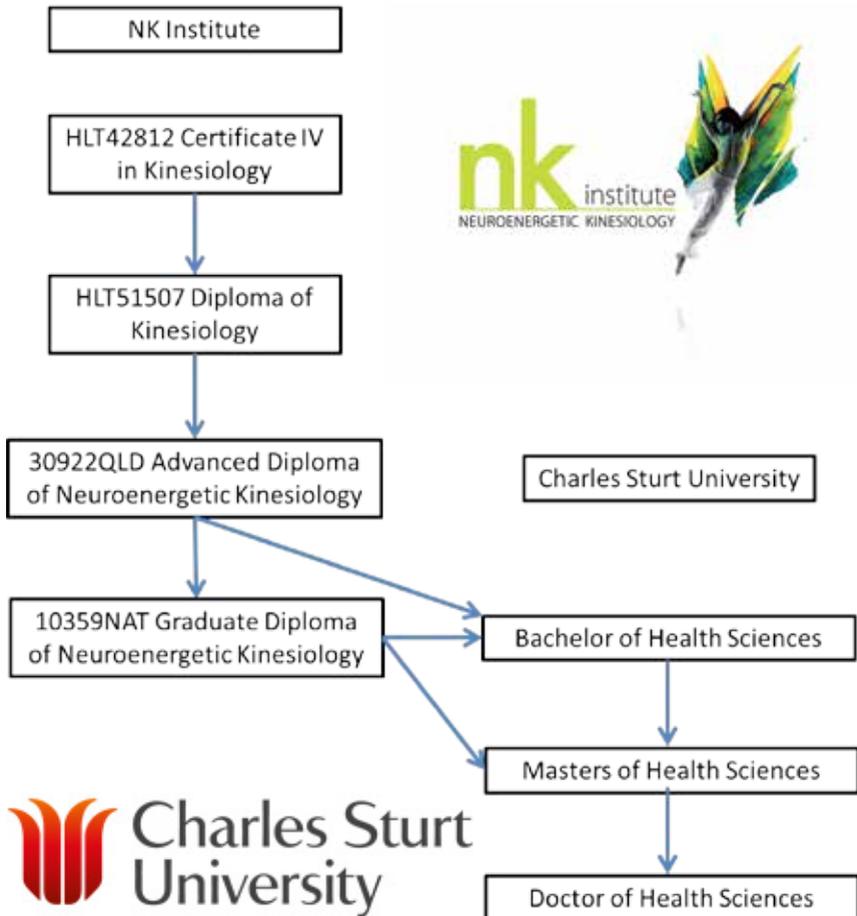
Unit code	Unit name	Hours
NKPATH801A	Provide specialised Neuroenergetic Kinesiology urinary system pathology balances Pathology Hologram - The Urinary System	116
NKPATH802A	Provide specialised Neuroenergetic Kinesiology digestive system pathology balances Pathology Hologram - The Digestive System	116
NKPATH803A	Provide specialised Neuroenergetic Kinesiology cardiovascular system pathology balances Pathology Hologram - The Cardiovascular System	116
NKPATH804A	Provide specialised Neuroenergetic Kinesiology respiratory system pathology balances Pathology Hologram - The Respiratory System	116
NKPATH805A	Provide specialised Neuroenergetic Kinesiology nervous system pathology balances Pathology Hologram - The Nervous System	132
NKPATH806A	Provide specialised Neuroenergetic Kinesiology haemolymphoid system pathology balances Pathology Hologram - The Haemolymphoid System	132
NKPATH807A	Provide specialised Neuroenergetic Kinesiology endocrine system pathology balances Pathology Hologram - The Endocrine System Pathology Hologram - The Reproductive System	140
NKPATH808A	Provide specialised Neuroenergetic Kinesiology integumentary system pathology balances Pathology Hologram - The Integumentary System	116
NKPATH809A	Provide specialised Neuroenergetic Kinesiology musculoskeletal pathology balances Pathology Hologram - The Musculoskeletal System	132
NKPATH810A	Provide specialised Neuroenergetic Kinesiology inner ear pathology balances Pathology Hologram - The Ear	132
NKPATH811A	Provide specialised Neuroenergetic Kinesiology eye pathology balances Pathology Hologram - The Eye	132

ARTICULATION PATHWAYS

NK Institute qualifications are articulated with Charles Sturt University.

The Advanced Diploma of Neuroenergetic Kinesiology will give credit towards The Bachelor of Health Sciences (Complementary Medicine). The candidate will receive credit of 10 subjects towards the 23 subjects needed to complete the degree.

The Graduate Diploma of Neuroenergetic Kinesiology can count towards either the Bachelor of Health Sciences (Complementary Medicine) if the candidate entered the qualification with an accredited Advanced Diploma in Kinesiology, or the Masters in Medical Science if the candidate holds an undergraduate health degree. This will be assessed on a case by case basis.



Neuroenergetic Kinesiology

Course Descriptions

Principles of Kinesiology

This course is an exciting introduction course designed specifically for Neuroenergetic Kinesiology. Here you will learn all about the theories of the human energetic anatomy and how they can be accessed. You will also learn how muscle testing works and how the meridians and chakras are connected to the muscles.

Other important principles of Kinesiology will be studied, such as the use of finger modes (mudras), how to correct muscles and how to build a Kinesiology balance. You will learn 20 muscle tests for 14 main meridians and how to use them to perform a Kinesiology balance.

There are many different types of meridians in the traditional system from China. You will learn the theory of the 8 extraordinary meridians, 12 muscle meridians, 12 divergent meridians and the 16 connecting meridians.

At the end of the course you will be able to perform an indepth meridian balance combining all of the different meridian types. This is a comprehensive way to balance muscles and meridians.

8½ days (taught in 4 parts)
Prerequisite: None

Balancing with the 5 elements

This course looks at the flow of chi through the five elements and the 14 meridians. You will learn about the two states of chi flow imbalance and the emotions that go with it. These states are under or over energy flow and each state has different emotions in each meridian or element.

The 5 element procedure looks at the states of imbalance throughout the five elements and the associated emotion with each imbalance. This allows the practitioner to perform a five element profile to understand the emotions of an imbalance in a holistic way.

The 14 meridian procedure looks at the states of imbalance throughout the 14 meridians and the associated emotion with each imbalance. This allows the practitioner to perform a 14 meridian profile to help understand the emotions of an imbalance in a holistic way.

As an extension, the ideas and techniques are applied to the eight extraordinary meridians and the flow of 'jing'. Here the practitioner will learn to apply the two states of imbalance to the jing flow and understand the emotions associated with

the different imbalances.

2 days

Prerequisite: Touch for health or Principles of Kinesiology

Sound & Light Healing

This course looks at the use of sound and coloured light in the balancing of chakras and meridians. There is an analysis of the different colours and sounds that are used to balance chakras and meridians according to their state of imbalance. Meridians and chakras can be in either three states, they can be balanced or they can have a deficient energy flow imbalance or an excessive energy flow imbalance. Different tones and colours are used for either of the two states of imbalance. There is also an explanation and a technique where symbols are used with coloured light in the chakras and meridians. The colours and tones have been mapped for the 7 major chakras, 23 minor chakras, 5 celestial chakras, 14 main meridians and 8 extraordinary meridians.

1 day

Prerequisite: Touch for health or Principles of Kinesiology

Brain Formatting

This course provides an introduction to formatting, a model of how formatting works. The treatment triangle, showing the relationship between psychology, subtle anatomy, and anatomy & physiology. How to build up complex stress patterns using the 'jaw

stacking' mechanism. An introduction to the nervous system and the Applied Physiology/ Neural Systems Kinesiology system of brain formatting.

2 days

Prerequisite: Touch for Health 3 (or equivalent) or Principles of Kinesiology

Physiology Formatting

This course extends the introductory concepts of formatting from the Brain Formatting course and applies these concepts to the physiology of the organs and glands associated with the 14 meridians. There are physiology formats for 25 organs and gland associated with the 14 meridians.

The procedures include relevant formats for hormones, neurotransmitters and nutrition specific for each organ or gland. There are also procedures for energy production and hydration that can be applied for each organ or gland.

This course establishes a good grounding for advanced Neuroenergetic Kinesiology courses but at the same time gives effective techniques for balancing different physiology systems of the body.

2 days

Prerequisite: Brain Formatting

Chakra Metaphors

This course uses information of the chakra system to establish goals for Touch for Health balances or any other kind of Kinesiology technique. You will learn about the behaviour patterns associated with the imbalances of the 7 major chakras and some of the important minor chakras. At the end of the course you will understand the 6 states of a chakra, learn how to do chakra profiles, and understand why people behave in certain ways under stress.

Chakra profiles give you the opportunity to interpret different relationship qualities of couples, colleagues, family or friends by using the information of the different chakra states.

The techniques that you learn in this course are a major tool to help establish a specific goal for a Touch for Health balance or any other kind of Kinesiology technique.

2 days

Prerequisite: Touch for Health or Principles of Kinesiology

Celestial Chakra Hologram

This workshop gives you an introduction to a new Hologram called the Celestial Chakra Hologram. This is an application for the outer-body chakras. The five outer-body chakras bring energy into the aura, the soul and the higher self. They also express the energies of the higher self, the soul and aura. This is a very powerful technique,

which involves issues with grounding, karma and belief systems. It includes the use of archangels.

Extensive information and formatting for the nervous and nadi systems and how they interact with each other. This is important in order to ensure that the energy from the Chakras can then flow via the nerve pathways to the rest of the body. The Kundalini hologram is also presented, which involves the three flows of ida, pingala and sushumna.

4 days

Prerequisite: 100 hours of accredited kinesiology or Brain Formatting

Chakra Hologram 1

The Chakra hologram came about through the combined efforts of Hugo Tobar and Kerrie McFarlane. Hugo developed his correction technique based upon Richard Utt's 7 Chi Keys procedure and Kerrie had been researching the Chakra system for well over a year, looking at literature from both the Theosophical and Hindu traditions as well as many others. When Hugo and Kerrie decided to merge their work, the Chakra Hologram was created.

The Chakra Hologram looks at what each chakra represents when it is displaying an imbalance by accessing the plane in which the aberration occurs, and correlating this plane with its actual meaning. Naturally the meaning will be different depending upon whether it is an imbalance in the physical/

etheric, emotional/astral, the mental, buddhic, atmic, monadic or divine plane, and of course as to which chakras are involved. Once the imbalance is isolated, it can then be rebalanced by bringing the cause of the problem to conscious awareness and then completed using a variety of kinesiological techniques, i.e. – tuning forks, palming, acupressure etc.

This technique has proven invaluable in allowing clients to discover the reason behind their condition, identify recurring patterns and then be able to move beyond. This workshop takes participants through a journey of their own Chakra system, which will reflect where they are in their own personal and spiritual development. Success has been reported by many practitioners who now use the Chakra Hologram as an integral part of their practice. This technique works with physical ailments, both acute and chronic, as well as with emotional and mental conditions.

“The centres determine the man’s point of evolution as far as his phenomenal expression is concerned; they work directly upon the physical body through the medium of the endocrine system. This point should be borne in mind, for the future occult healer will approach his patient with this knowledge. He will then work through those centres and glands which govern the particular area of the body wherein the disease or discomfort is located” - Alice Bailey, Esoteric Healing

The endocrine system has been referred to as the physical interface of the Chakra System in much the same manner that the meridian/ acupuncture

system is said to be the physical/ etheric interface of Chi. Indeed without the detailed anatomy and physiology of the endocrine system, any chakra work is only able to have a superficial effect upon the physical body. Hence, in the Chakra Hologram workshop, the endocrine/chakra relationship is covered in great detail, including the individual hormones relating to each chakra and the physical effects that they have on the body. As hormones are carried through the blood stream to their target organs, this effect is widespread and has many physical implications. An overview of the circulatory system and the nervous system is also included to ensure that the practitioner has a good understanding of the human body that the chakra system vivifies.

How to work with the chakras with colour is also an integral part of this course, it is important to understand not only the colours themselves, but also the different effects produced by the varying shades!

4 days

Prerequisite: 100 hours of accredited kinesiology or Brain Formatting

Chakra Hologram 2

The second Chakra Hologram course, co-developed by Kerrie McFarlane and Hugo Tobar, presents fourteen minor chakras, the nadi hologram and chakra triangles. The minor chakras include the chakras of the eye, ear, soma & causal, spleen, placenta and all the chakra of the limbs. These

work incredibly well with specific joint injuries, immunity disorders and problems with vision, hearing and brain function. The placenta chakra has been used successfully with a number of pregnant women and with the child following birth. A major focus in the course is anatomy and physiology of the visual and auditory pathways, joint structure and function, and the amazing workings of the placenta as well as clinical applications of these chakra corrections.

The nadi hologram gives a specific tool for etheric repair and the triangles are concerned with how the major and minor chakras function together as a working unit. There are 12 triangles presented in this course and they have found to be very effective in practice. The triangles are based upon the work of Alice Bailey and are presented with the history of this important aspect of healing.

This course is a natural progression from Chakra Hologram level 1 and a valuable tool for any practitioner. It has been successfully taught both in Australia and in Europe with great results being achieved in clinic from students after completing the course and integrating it into their work.

This works with the other chakras than the 7 chakras that are found in the human body. This presentation gives the most comprehensive information that can be found on these chakras. They include chakras for all of the joints, ears, eyes, soma chakra, Alta Major, spleen, liver, the kalpatura, and the placenta chakra. Research of the placenta chakra is the original work of Kerrie and Hugo. This

is very important for birth and maternal issues. There are also new ways of working with the chakras including chakra triangles which integrates the underlying energies of the three universal qualities (Gunas), called Rajas, Tamas, and Sattwa. Also how to integrate the sun and moon energies with the chakras.

The workshop is also made complete by the introduction of the nadi hologram. Students are also taught how to integrate these new chakras and techniques with the 7 chakras of the first workshop

4 days

Prerequisite: 100 hours of accredited kinesiology or Brain Formatting

Hormone Hologram

This is an eight extra meridian hologram. There are 128 hormones. They are categorised into 4 categories: polypeptides, Fatty Acids, Amino Acids, and steroid hormones.

There is special treatment including the neurobiology of menstrual cycle related mood disorders, which include premenstrual tension (PMT), pregnancy, neonatal and premenopausal disorders. Also the effects of gonadal steroids on the brain.

Also look at the function of these hormones including an understanding of the neurobiology of stress and the effects of stress hormones.

This workshop looks at 14 different hormonal systems in the human body and different ways of balancing them.

This workshop looks at particular

detail of the hormonal receptors and the biochemical processes that take place in the cell as a result. Some of the systems are Hypothalamus, Pituitary, Pineal, Sex, Calcium Balance, Thyroid, Gastro-entero digestive system, Thymus, Blood Sugar (Pancreas), Prostaglandins, Adrenal Corticoids, Adrenal Medulla, Plasma, Cell Growth Factors. There are extensive formatting systems of the glands, hormones and receptor systems. There will be an extensive set of 131 slides included.

4 days

Prerequisite: 200 hours of accredited kinesiology or Brain Formatting

I Ching Hologram

This is an application of the eight extra meridian hologram. It looks at the relationship between the eight I ching trigrams and the eight extra meridians. The trigrams are paired together like a coordinate system to form the 64 hexagrams of the I ching. This means that the I ching is a hologram, the I ching is the world's first book, therefore the world's first book is a hologram!

The 64 I ching hexagrams relate to the 64 codons of the Genetic code, each codon codes for a specific amino acid, in the Genetic structure (DNA) allowing the formation of Proteins. The amino acids have been related to the kabbala, and therefore the major arcana of the tarot

Wayne Topping has developed muscle tests involved with the eight extra meridians, I have developed holographic muscle tests for these muscle tests. Learn how to test these muscle tests holographically, and holographic

neurovasculars, neurolymphatics and Spiritual flower messages from the Mother of Pondicherry.

Holographic muscle monitoring of the muscle tests of the eight extra meridians as developed by Wayne Topping. There are 13 muscle tests treated.

The eight extra meridians have a much more spiritual essence, therefore are related to much more spiritual issues.

This workshop is very useful for using with other eight extra meridian holograms such as the Genetic Hologram, The Hormone hologram and the Celestial Chakra Hologram.

3 days

Prerequisite: 100 hours of accredited kinesiology or Brain Formatting

Neuroemotional Pathways 1

In the Neural Emotional Pathways Workshop you will learn how to format for specific nuclei in the brain stem including the periaqueductal grey matter (PAG). This is the grey matter of the reptilian brain. The amygdaloid primary emotions have circuits through the PAG affecting various neurological functions in the brain and body. This will enable you to perform the FEAR, the RAGE, the PANIC, the SEEKING and the CARE circuits which will give you a more indepth amygdala circuit (AF/PCC). You will also learn the Anatomy and Physiology of these circuits through the Triune Brain.

4 days

Prerequisite: Brain Formatting

Neuroemotional Pathways 2

The Neural Emotional Pathways level 2 is an extension of the level 1 workshop. There is a formatting system for the thalamus and the reticular formation. The students will also learn about the structure, function, and connectivity of the thalamus and reticular formation.

This workshop looks at the neurological systems of male & female sexuality or the LUST system, the PLAY system, and systems for the three states of normal consciousness, deep sleep or the NREM system, dreaming sleep or the REM system, wakefulness or the WAKING system.

The emotional states of being of the Neural Emotional Pathways 1 have a huge impact on these systems. This workshop shows you how to integrate the systems in both of these pathways with truly profound results.

3 days

Prerequisite: Neural Emotional Pathways 1

Neuroemotional Pathways 3

In the Neural Emotional Pathways level 3 Workshop you will learn how to format for specific systems involved with consciousness. There are a number of interesting theories around on the neural correlates of consciousness, learn how to format for these structures. There will also be a study of neural disorders, how to format

them, and how to integrate the Neural Emotional Pathways level 1 work with the systems of consciousness and disorders.

Looks at a model of mind and consciousness. Transformation from emotional systems to pure consciousness. There is a model of the neurology of consciousness incorporating the extended reticular activating system.

Looks at the neurobiology of disorders of the mind and consciousness such as schizophrenia, obsessive compulsive disorder, depression, bipolar disorder, autism, eating disorders, learning and memory.

This workshop looks at more disorders of the psyche and consciousness. It will look at the neurology of systems such as Feeding, Eating Disorders, Stress, Schizophrenia, Anxiety, Obsessive-compulsive etc. It utilises the now world famous "Modes of Processing" (MOPS) as first developed in the level 1 of this workshop. This workshop is very rarely taught, as a result people who have not done the level 1 can do the level 2 with a special refresher. This will be run on application

3 days

Prerequisite: Neural Emotional Pathways 1

Brain Hologram A

The Brain Hologram workshop includes the Multi Dimensional Hologram theory. Areas covered are the Neuromuscular muscle tests for all commissural pathways, Limbic formats and the Brain cortex. Can Openers on all of the above and the Brain Cortex

Cortical pathway Hologram. Included also are applications for mood disorders i.e. manic depression, depression, schizophrenia, candida etc. These exciting new procedures have been developed and researched by Hugo. Don't miss this opportunity to add valuable techniques to your practice

Includes formatting and muscle tests for the Brodmann's areas together with access to the six layers of the neocortex, the Hippocampal Formation Hologram and Entorhinal Cortex Hologram. Also included is how to do an interactive cortical brain circuits using all of the Brodmann's areas

Formatting, connectivity and holograms for the Amygdala, the Basal Ganglia, the Septum and the basal forebrain. There is a lot of functional information on these including more functional information on the Hippocampus. The Basal forebrain is involved with the neural circuitry of emotion, and affective disorders.

Indepth study of the microanatomy of the basal forebrain, including the amygdala and the basal ganglia. Holograms for the Amygdala, basal forebrain, and the olfactory bulb. Formatting the for the limbic tracts, basal forebrain.

4 days

Prerequisite: 250 hours of accredited kinesiology or Brain Formatting

Primitive reflexes & the brain stem 1

Learn about the neurology of the primitive reflexes, sensory motor applications, and how to format them.

There is a formatting system for the 12 major primitive reflexes, and formatting for the major brainstem structures, the cerebellum, and sensory motor components involved with the primitive reflexes.

Reflexes are neurological events run by the cerebellum and the brainstem. These reflexes are triggered by some type of sensory input.

Imbalances in the primitive reflexes can lead to all kinds of developmental problems.

In this workshop the reflexes are divided into three neurological categories according to their input. These categories are spinal nerve, vestibular nerve, and trigeminal nerve.

There is an indepth account of the neurology and the sensory receptors involved and how to format each reflex neurologically.

2 days

Prerequisite: Brain Formatting and 250 hours of Kinesiology

Body Structure Hologram 1 & 2

The 'Body Structure Hologram' is a unique course that tackles the difficult topic of balancing the body's structure in a gentle energetic way. The techniques that are taught in this course are easy to use but balance the body's structure in a profound way.

The course tackles the structure in a systematic way. There are balances for each region of the body including:

- Cranial balancing
- TMJ
- Neck joints
- Shoulder joints
- Elbow joints
- Wrist and hand joint balancing
- Hip, knee, ankle and foot joint balancing
- Joints of the torso balancing
- Hyoid/Centering balancing
- Middle ear balancing
- Eye muscle balancing
- Fascia train balancing
- Smooth muscle balancing
- Motor function balancing
- Speech balancing
- Muscle meridian balancing
- Chakra/Muscle balancing
- Dermatome - Skin balancing

There are also complete formatting systems for every muscle, bone, ligament, dermatome, fascial train and cartilage in the human body. This work has been used with stunning results by Kinesiologists all over the world. There are 3 extensive manuals including a Muscle format database that has every format associated with every muscle.

7 days

Prerequisite: Brain Formatting and 250 hours of Kinesiology

Immune & Vaccination Pathways 1 & 2

This workshop deals with the immune system and all of its related aspects. All the information needed is presented in a clear extensive manual.

The practitioner will learn how to access the stress on all aspects of the immune system by an extensive formatting system. There will be information on how to access stress with formatting cell physiology and the cell organelles, blood chemistry and blood cells, cell pathology with cancer and ageing, the non-specific immune system, the adaptive immune system, the effects of pathogens such as virus and bacteria, and vaccinations.

Formatting, bacteria, virus, fungus, parasites, toxins, liver enzyme balance, 4 types of hypersensitivity balancing (allergies), T helper cell hologram, T killer cell hologram, Antigen Presenting Cell Hologram, Mast cell Hologram, Formatting for CD molecules, balancing transplants, auto immune disease

7 days

Prerequisite: Brain Formatting and 250 hours of Kinesiology

The Australian Vocational and Education Training (VET) System

The International College of Neuroenergetic Kinesiology (ICNEK) is now a 'Registered Training Organisation' (RTO) in Australia. An RTO is an organisation that has proved to the Australian Government that they meet the requirements to deliver the accredited qualifications. The Australian Government has deemed that kinesiology is a vocation, and therefore people can choose kinesiology as a career. This system sits outside of the university system, but recognises that people need training for various careers. This system in Australia is called 'Vocational Education and Training' or the VET system.

In 2007 the Australian Government released a new Health Training Package. This training package defines many different qualifications in the health industry; it also defines the standards that need to be met to be awarded these qualifications. For the first time qualifications in kinesiology were included in the Health Training Package. There are two qualifications in kinesiology in the Health Training Package; they are a Certificate IV in Kinesiology (HLT42807) and a Diploma in Kinesiology (HLT51507).

Characteristics of Learning Outcomes of a Certificate IV in the VET System

Breadth, depth and complexity of knowledge and competencies would cover a broad range of varied activities or application in a wider variety of contexts most of which are complex and non-routine. Leadership and guidance are involved when organising activities of self and others as well as contributing to technical solutions of a non-routine or contingency nature.

Performance of a broad range of skilled applications including the requirement to evaluate and analyse current practices, develop new criteria and procedures for performing current practices and provision of some leadership and guidance to others in the application and planning of the skills.

Applications involve responsibility for, and limited organisation of, others.

Distinguishing Features of Learning Outcomes of a Certificate IV in the VET system

Do the competencies enable an individual with this qualification to:

- demonstrate understanding of a broad knowledge base incorporating some theoretical concepts;
- apply solutions to a defined range of unpredictable problems;
- identify and apply skill and knowledge areas to a wide variety of contexts, with depth in some areas;
- identify, analyse and evaluate information from a variety of sources;
- take responsibility for own outputs in relation to specified quality standards; and
- take limited responsibility for the quantity and quality of the output of others.

Characteristics of Learning Outcomes of a Diploma in the Australian VET system

Breadth, depth and complexity covering planning and initiation of alternative approaches to skills or knowledge applications across a broad range of technical and/or management requirements, evaluation and coordination.

The self directed application of knowledge and skills, with substantial depth in some areas where judgement is required in planning and selecting appropriate equipment, services and techniques for self and others.

Applications involve participation in development of strategic initiatives as well as personal responsibility and autonomy in performing complex technical operations or organising others. It may include participation in teams including teams concerned with planning and evaluation functions. Group or team coordination may be involved.

The degree of emphasis on breadth as against depth of knowledge and skills may vary between qualifications granted at this level. Distinguishing Features of Learning Outcomes of a Diploma in the Australian VET system.

Do the competencies or learning outcomes enable an individual with this qualification to:

- demonstrate understanding of a broad knowledge base incorporating theoretical concepts, with substantial depth in some areas;
- analyse and plan approaches to technical problems or management requirements;
- transfer and apply theoretical concepts and/or technical or creative skills to a range of situations;
- evaluate information, using it to forecast for planning or research purposes;
- take responsibility for own outputs in relation to broad quantity and quality parameters;
- take some responsibility for the achievement of group outcomes.

Characteristics of Learning Outcomes of an Advanced Diploma in the Australian VET system

Breadth, depth and complexity involving analysis, design, planning, execution and evaluation across a range of technical and/or management functions including development of new criteria or applications or knowledge or procedures.

The application of a significant range of fundamental principles and complex techniques across a wide and often unpredictable variety of contexts in relation to either varied or highly specific functions. Contribution to the development of a broad plan, budget or strategy is involved and accountability and responsibility for self and others in achieving the outcomes is involved.

Applications involve significant judgement in planning, design, technical or leadership/guidance functions related to products, services, operations or procedures.

The degree of emphasis on breadth as against depth of knowledge and skills may vary between qualifications granted at this level.

Distinguishing Features of Learning Outcomes of an Advanced Diploma in the Australian VET system

Do the competencies or learning outcomes enable an individual with this qualification to:

- demonstrate understanding of specialised knowledge with depth in some areas;
- analyse, diagnose, design and execute judgements across a broad range of technical or management functions;
- generate ideas through the analysis of information and concepts at an abstract level;
- demonstrate a command of wide-ranging, highly specialised technical, creative or conceptual skills;
- demonstrate accountability for personal outputs within broad parameters
- demonstrate accountability for personal and group outcomes within broad parameters.

The Neuroenergetic Kinesiology Training Program

The Certificate IV is equivalent to 1 year of training, the Diploma is a further one year of training and the Advanced Training is another one year of training after the Diploma. After the Advanced Training the next stage in the qualification pathway is a Bachelor degree.

Each qualification has a number of units that the candidate needs to show competency in. These units are called 'Units of Competency'. The Certificate IV in

Kinesiology has 15 units of competency and the Diploma in Kinesiology has a further 14 units of competency. This means that the candidate will have to show competency in 29 units of competency to be awarded the Diploma.

The VET system in Australia is a competency based system. This means that the candidates are not graded, but need to show they are competent in a task. That means that they show that they can do the task (competent) or they can't do the task (not yet competent).

As well as completing the units of competency, the candidate needs to attend kinesiology workshops and show competency in applying the kinesiology learnt in the context of the units of competency.

There is no official qualification for the level of the Advanced Training; NK Institute is currently in the process of accrediting an Advanced Diploma in Neuroenergetic Kinesiology. Once this is done it is possible to articulate the Advanced Diploma with a Bachelor degree in Health Sciences with Charles Sturt University in Australia. They also have a Master degree and a Doctorate program (PhD) in Health Sciences. We are hoping that one day people will be able to train in Neuroenergetic Kinesiology and then go on to get a PhD in Health Sciences. These programs are offered through distance education so it is possible to achieve these qualifications while living anywhere in the world.

The International College of Neuroenergetic Kinesiology is currently being set up in four different countries, with interest from more places growing all of the time. The initial phase is been set up in the following countries:

- Australia
- Austria
- Hong Kong
- USA

There are four affiliated colleges where the Kinesiology courses are available but not the Units of Competency. It is possible to complete the Kinesiology courses in these colleges and enrol in the units of competency in one of the Official Colleges.

International Contacts

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AFFILIATED COLLEGES

Note: The qualifications are not available but the kinesiology components are. Students are able to complete the kinesiology components then they can enrol in the qualifications in an official college.

Belgium

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