

In the many practices of the esoteric boom, children are increasingly exposed to a development, where it is no longer discernible whether the barriers between well-founded knowledge on one hand and sheer speculation on the other are being surpassed, and where defenceless children become victims of occult myths, obscure ideologies or simply of practices based on sheer profiteering. (quote H. Zangerle)

Criticism from a Christian perspective

- Similar to all therapies and practices of the so-called Ki movement, Applied Kinesiology - due to its teaching and practice - is close to the world view and human assessment of Daoism and thus supports the basic tenets of the esoteric thinking inherent in New Age
- The “Ki” concept understood as an “impersonal life force” is contrary to the basic foundations of the Christian faith. The Christian faith postulates

Assessment by the Organisation for Consumer Protection
“(Applied) Kinesiology and its variants have no diagnostic value. The risk of an incorrect diagnosis and incorrect treatment recommendations is great. The risk-benefit assessment is negative. As a diagnostic method, Kinesiology and its variants are not suitable.
The therapeutic effectiveness of the Kinesiological Therapy, of Edu-Kinesthetics and of Psychological Kinesiology is not proven. The risk is very high. The risk-benefit assessment is negative. Kinesiology and its variants are not suited for treatment of illnesses or dysfunctions.
Quote: Stiftung Warentest
The Other Medicine, Vienna 2005, page 187

that the all supporting power of the universe is not a cosmic power, but rather God’s inconceivable creative word.

- Due to its closeness to mantic practices, the kinesiologic muscle test leads many people to actually use these other practices for clairvoyant aims.
- Edu-Kinesthetics does not fit to the Christian view of man, since in its basic concept it is reductionistic and individualistic. Man’s basic attitude and ability to dialogue is suppressed and the reasons for childish disturbances are solely seen in “energetic” dysfunctions.

Sources (selection):

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Carol, Robert T., The Skeptic’s Dictionary: A Collection of Strange Beliefs, Amusing Deceptions, and Dangerous Delusions, Wiley 2003

Edwards Harry, Alternative, Complementary, Holistic & Spiritual Healing, Roseville 1999

Edzard E., Singh S., Trick or Treatment? Alternative Medicine on Trial, London 2008

On the subject of New Age, there is an informative document issued by the Church:

“Jesus Christ, the bearer of the waters of life”. Considerations on New Age from a Christian viewpoint. Rome 2003. This document can be downloaded via the following internet address: http://www.vatican.va/roman_curia/pontifical_councils/interelg/documents/rc_pc_interelg_doc_20030203_new-age_en.html

Publisher: P. Dr. Clemens Pilar COp, Gebrüder Lang Gasse 7, A - 1150 Wien, clemenspilar@gmx.at
 Tel./fax: 0043-(0)1/893 43 12 47
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Catchword

Applied Kinesiology

Over the last few years many practices and therapies with scientific sounding names were disseminated, which all originate from the same source: Touch for Health, Brain Gym, Applied Kinesiology, Energy Training, Energy Life Circle, Movement Dynamics, Behavioural Kinesiology and others. Mostly they are uncomplicated movement- and loosening up exercises which – in line with the esoteric wave, hidden behind some ideological theory – are introducing questionable ideas into society. A critical look at the kinesiology scene and an assessment of the relevant teachings uncovers that (as is often the case nowadays) behind the therapeutic disguise can again be found religious ideas.



It is always easier to follow the myths and promises of happiness and fortune found in the New Age Therapies, than to take a back seat as far as entitlements or standards are concerned and to take up the arduous efforts involved in comprehensive psychology (Quote: H. Zangerle)

What is Applied Kinesiology?

Applied Kinesiology sees itself as diagnostic and therapeutic process, based upon a special “muscular examination”. Initially “Kinesiology” only means “teaching of movement”. Behind this name is hidden the practise of so-called alternative medicine, where ideas of the traditional Chinese medicine are linked to outdated concepts of western neurology from the 1960ies. Applied Kinesiology was invented by the American doctor George Goodheart. Since the English word “kinesiology” is also used in traditional physio-

therapy, Dr. Goodheart called his therapy and form of diagnosis “applied kinesiology”.

Similar to Chinese medicine, Applied Kinesiology builds

upon the Daoistic ideas of the existence of a power Qi, which is understood as a “life force”. This energy flows in anatomically not detectable energy lines, the so-called “meridians”. The flow of this energy is responsible for health and wellbeing.

Blocks or barriers against this energy flow however will have negative effects on the general state of health of soul and body.

The most common and most widely spread forms of kinesiology nowadays are:

- **IK-Kinesiology**
- **EDU-Kinetics**
- **Touch for Health**
- **Three in One Concept**
- **Psycho-Kinesiology**

“Behind Kinesiology can be found a philosophy... The users must grow within this philosophy and develop further”, admit the kinesiologists Kim da Silva and Do-Do Rydi.

Diagnosis and Therapy

A diagnosis is carried out by means of a so-called “muscular assessment”. Illnesses, food allergies, or diverse stress factors are said to cause “damage to the flow of energy” within the muscles. While carrying out this “muscular assessment” the muscular resistance is measured.

For example, while the patient holds in one hand a certain food the kinesiologist tries to push down the other extended arm. Depending on resistance or weakness, diagnosis and therapy are determined. Medicines too are assessed in this way. According to the teaching of the kinesiologists all organic detriments, psychosomatic illnesses, tensions or motor function impediments, as well as any lack in trace elements can be diagnosed.

Edu - Kinesthetics and Brain Gym

Edu-Kinesthetics is a variant of kinesiology, invented in the 1980ies by Paul Dennison. In his opinion, difficulties in learning and comporment in the case of children depend on “energetic disturbances” and blocked energy flows. Dennison claimed, that through certain bodily exercises the brain can be activated and development of the brain channels can be encouraged. Thus Edu-Kinesthetics is applied in the case of learning difficulties, or understanding, as also in case of motor function weaknesses.

Criticism

• Applied Kinesiology is not based on a well established understanding of physics, anatomy or manual therapies, but rather on the philosophical beliefs of Daoism and of traditional Chinese medicine. The assumption of a “Qi” power is purely speculative and stems from a religious background.

Already 1998, the professional association of German Psychologists (BDP) has issued a warning about kinesiology, claiming that this therapy is not only futile and expensive, but could also cause detrimental effects, if due to belief in this treatment, valuable time for real help is wasted.

• Application of the “muscular test” as a diagnostic tool is untrustworthy and contains a multitude of possibilities for error. There is no link between assumed muscle energy and illness.

• Edu-Kinesthetics claims that the cerebral hemispheres need a therapeutic harmonisation is ideologically tinged and in no way supported by medical evidence.

• The typical esoteric reductionism in kinesiology hides the true reasons for childish dysfunctions, which are mostly an expression of a basically damaged relationship between the child and its social situation.