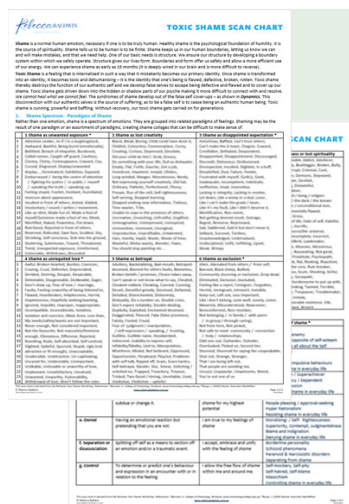




To view more about the items in this newsletter, or to order any of them, go to our website and click on the **'New Items'** category or go directly to:

<https://www.kinesiologyshop.com/new-items/>



Toxic Shame Chart

by Rebecca Baldwin
\$15.00

**A4 Laminated,
Doublesided Desk Chart**

While shame has a constructive use for us as human beings, toxic shame is shame that is internalised in such a way that it mistakenly becomes our primary identity.

This chart provides the framework and language to use to help clients explore the different aspects of their shame, and to explore any deeply embedded shame collages. It covers:

- Definitions of Shame and Toxic Shame
- The Shame Spectrum and Paradigms of Shame
- Dynamics and Syndromes of Shame

This chart makes a great addition to your kinesiology, or other, tool kit.

Toxic shame is one of the sources of long-term survival stress. It will continue to sabotage our lives until we are able to release and resolve it. Like most aspects of ourselves, until we are able to uncover it and become aware of it, it can remain out of our reach.



Calophyllum

\$17.00

**New Australian Bush Flower
Essence (15ml Stock Bottle)**

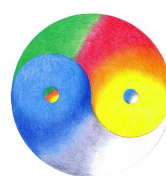
The latest Australian Bush Flower Essence to be added to the range (2023): Calophyllum helps one to develop and activate one's leadership qualities.

Negative Conditions:

Doubting one's abilities and leadership; Lack of commitment; Preferring to stay in one's comfort zone; Waiting for others to lead and act

Positive Outcome:

Resilience; Leadership; Connected to spirit; Clear sense of direction; Inspiring and supporting others; Strong sense of morality



Insights for Integrated Healing

Your Compilation of Affirmations, Scan Lists and
Quotes to Act as Insights Assisting the Healing
Process for the Body/Mind/Spirit

Lovingly Brought together by Nikki Barrett
Organiser and Instructor for Integrated Healing

Insights for Integrated Healing

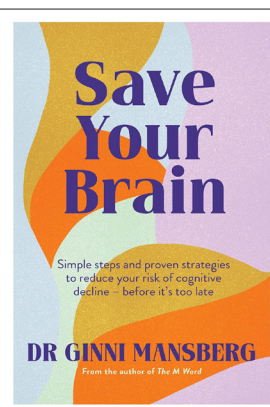
by Nikki Barrett
\$38.00

**Your Compilation of
Affirmations, Scan Lists and
Quotes to Act as Insights
Assisting the Healing Process
for the Body/Mind/Spirit**

Beautifully and heartfully designed this manual is to assist with attaining insights for practitioners to help clients in their search to find the keys to unravelling dysfunctions and/or issues that are holding them back from reaching their full potential.

Contains 120 scan lists - with a topic per page - in the form of affirmations, quotes and statements (30 per page). Go to our website to see examples.

This manual is a great resource for those 'what now?' moments in clinic when we need more information, but the client does not have an answer. It is also very useful when we need to create affirmations for the client but don't always know which words will be best. Testing from the book allows the client's unconscious to give us the perfect answers.



Save Your Brain

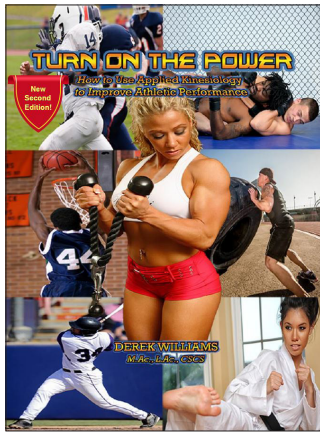
by Ginni Mansberg
\$35.00

**Simple steps and proven
strategies to reduce your risk
of cognitive decline - before
it's too late**

The urgent case for protecting your brain before old age, as well as proven strategies for how to do it, from the bestselling author of The M Word.

What are the lifestyle changes that really make a difference to our brain health? What do the experts do to protect themselves from cognitive decline? And what can we do right now to preserve our quality of life as we age? Save Your Brain answers all these questions and more.

As we age, dementia and Alzheimer's pose a serious threat to our health and wellbeing. To give us a running start in the fight against cognitive decline, GP and acclaimed broadcaster Dr Ginni Mansberg presents the very latest evidence-based research on how to protect your most valuable asset - your clever, vulnerable, powerful brain.



Turn On the Power

by Derek Williams
\$123

How to Use Applied Kinesiology to Improve Athletic Performance

With Foreword by Dr. Sheldon C. Deal, DC, NMD
Turn on the Power is a compendium of AK

information specialised towards athletic performance. It covers many of the muscles tests in AK (and in Kinesiology in general) with photographs, descriptions and corrections as one would expect from an AK publication. However with each muscle and associated muscle test, there is information beyond the normal scope. This covers:

Health Indications
Nutritional Balancing
Athletic Performance Indications
Performance Notes
Chiropractic Considerations

There are 48 muscle tests covered across the 14 meridians.

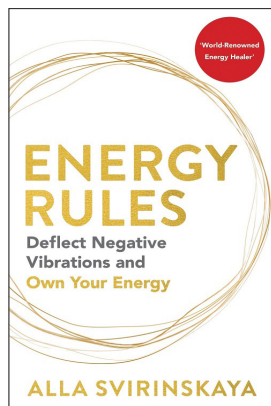
There are also many other sections:

* Emotional Freedom Technique * How to Test for Adequate Protein in the Body * Testing for Allergies and Sensitivities * How to Correct Nutritional Deficits * Muscle Test for Anaerobic Function * How to Test for Proper Shoe Fit * Testing for and correcting Time Perception Imbalance * Testing & Correcting Sleep and REM Sleep Mode * Pre-menstrual Syndrome

AND MORE...- go to our website to read more.

Contains many excellent photographs and diagrams

A 200 page, A4 Spiral Bound Manual. Text, Photographs and Diagrams is Black & White



Energy Rules

by Alla Svirinskaya \$30.00

Deflect Negative Vibrations and Own Your Energy

Discover life-changing methods for sustainable wellness, cultivate an authentic energy flow and attract uplifting vibrations.

You'll learn that our energy is as unique as our fingerprints and a precious part of our identity.

We need to maintain an authentic energy flow, or we start to attract toxic energy, lose individuality and become vulnerable to energy vampires (or become one ourselves). You will learn how to reclaim your unique 'energy ID' as your navigator in life boost your aura's immune system to neutralize toxic energy use the aura 'probiotics' formula to help you thrive in modern life

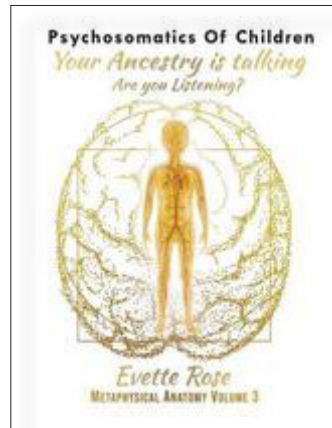
Alla offers practical new solutions for kickstarting wellness and becoming immune to the toxic energies that sabotage your personal power. Alla also introduces her pioneering multi-sensory meditation to help you preserve your authentic life force.

Psychosomatics of Children

by Evette Rose \$127

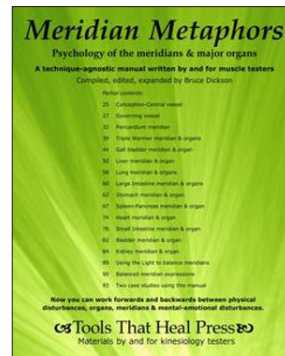
Your ancestry is talking are you listening?

Large Format, thick book of 700 pages !



Psychosomatics for Children, (Metaphysical Anatomy Volume 3) includes a step-by-step guide for identifying psychosomatic patterns relating to several hundred medical conditions. These conditions are activated by childhood trauma, birth, womb, conception, parents trauma, and inherited trauma of one's ancestry. If you loved the first book Metaphysical Anatomy Volume 1, (Psychosomatics

for Adults), then you're absolutely going to LOVE this book! However, Volume 3 focuses on children and their ailments. Their triggers are very different from adults' as they have not had an entire life to experience secondary traumas to their inherited traumas. This book includes ailments from A - Z, including ancestral, conception, womb, and parents' trauma that can influence a child's biological development and expression. Ailments and psychological disorders are unresolved patterns of trauma cycles that are coming forward in this lifetime to be heard, acknowledged, and released.



Meridian Metaphors

by Bruce Dickson.
\$37.00

Psychology of the Meridians & Major Organs

Finally it's possible to cross-reference disturbed meridians and disturbed mental-emotional

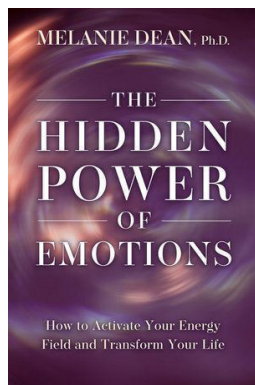
states. The two reflect each other closely. Meridian Metaphors permits people to understand and perceive how each reflects the other.

- How Meridian-organ dysfunctions and mental-emotional dysfunction create and cause each.
- How Chinese Medicine had some accurate intuitions about psychology and the whole person but was partial and incomplete?
- What has been learned about meridian-muscle-organ-psychology after 50 years of Applied Kinesiology and Touch for Health?

- A 100 page reference manual to look up insights into wellness concerns cross-referenced with meridian under- and overcharge?

After significant material pertaining to all meridians, each of 14 sections provides comprehensive psychological language for:

- Which meridian-organ absorbs which emotions,
- HEALTHY expressions of each meridian and associated organ,
- Disturbed expressions of each meridian and associated organ,
- UNDERcharged & OVERcharged disturbed expressions of each meridian.



Hidden Power of Emotions

by Melanie Dean Ph.D.
\$27.00

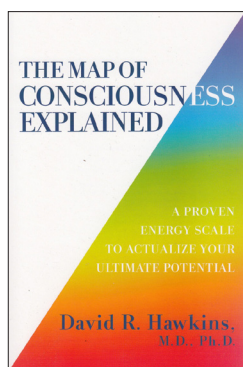
How to Activate Your Energy Field and Transform Your Life

Use the tangible energy of thoughts and feelings inside your body to manifest into real-world happiness, abundance, and success.

Do you ever wonder why things turn out the way they do? Can wishful thinking manifest into reality?

- feelings are particles of matter that have weight;
- feelings are more powerful than thoughts;
- feelings create energy particles that connect with similar energy outside of themselves; and
- feelings can be purposefully directed to bring you what they desire.

The Law of Attraction has quantum power at its metaphysical core. With real-life examples, actionable tips, elucidating illustrations, and step-by-step instructions



Map of Consciousness Explained

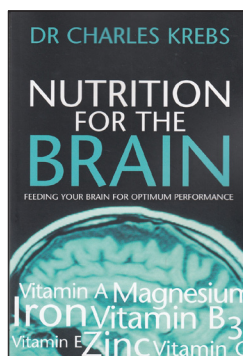
by David R. Hawkins \$27.00

A Remarkable Book !

The Map of Consciousness Explained is an essential primer on the late Dr. David R. Hawkins's

teachings on human consciousness and their associated energy fields.

Using muscle testing, Dr. Hawkins conducted more than 250,000 calibrations during 20 years of research to define a range of values, attitudes, and emotions that correspond to levels of consciousness. This range of values-along with a logarithmic scale of 1 to 1,000-became the Map of Consciousness, which Dr. Hawkins first wrote about in his New York Times bestseller, Power vs. Force (1995).



Nutrition for the Brain

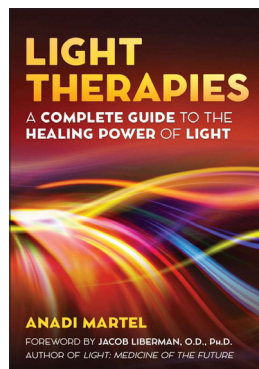
by Charles T. Krebs Ph.D.
\$29.00

**BACK IN PRINT
due to demand**

Feeding Your Brain for Optimum Performance

From the author of Energetic Kinesiology & A Revolutionary Way of Thinking

This title has been out of print for over 10 years and a reprint was undertaken by Equilibrium in 2021, to satisfy a long standing demand. It offers a specific, comprehensive prescription to natural nutrition that we all would benefit



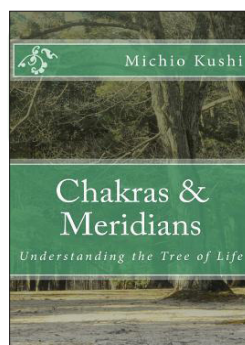
Light Therapies

by Anadi Martel \$40.00

A Complete Guide to the Healing Power of Light

A comprehensive guide to the therapeutic benefits of light and colour and how they affect our physical and psychological well-being. Combining his own 30 years of research with practical insight from the many

phototherapy pioneers the author examines scientific studies on how specific wavelengths of light influence our cells and DNA, brain function, sleep patterns, and emotional stability; speed the healing of wounds; and are effective in the treatment of disease, including arthritis, stroke, Alzheimer's, Parkinson's and brain and nerve injuries.



Chakras & Meridians

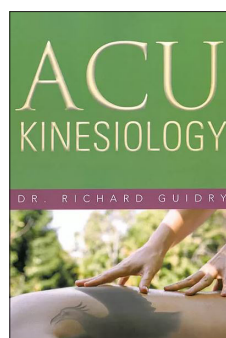
by Michio Kushi \$33.00

NOTE: This book is a small paperback of 64 pages.

Michio Kushi reveals the energetic connection between the body's chakras, or energy centres and the body's meridians, or energy

pathways. Adapted from the 1993 book, Holistic Health Through Macrobiotics, Chakra & Meridians is a breakthrough in our understanding of health & well being.

Michio Kushi (born 1926 in Japan) helped to introduce modern macrobiotics to the United States in the early 1950s. He has lectured about philosophy, spiritual development, health, food and diseases at conferences and seminars all over the world.



Acu Kinesiology

by Dr. Richard Guidry.
\$29.00

Acu Kinesiology integrates the Chakra System and the Musculo-tendoneo Meridians System into the healing equation, which accounts for the exceptional speed and longevity of recovery. Acu Kinesiology effectively releases the contraction caused by energetic pathologies, enabling patients to experience symptomatic relief.

This book introduces to you healing from the holistic principle that you are a spiritual being having a physical experience. It will show you how your energetic self is associated with the mental, emotional and spiritual aspects of your life. It is impossible to get maximum correction in the most expedient manner, unless this energetic element is addressed.

from, and which would have a significant impact not only on our health and wellness, but also our mental performance by simply choosing nutrient rich organic, natural foods replete with vitamins and minerals.

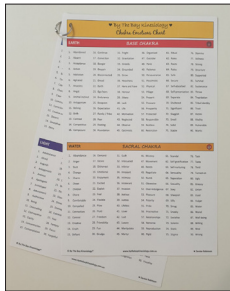


Colour Therapy Reference Chart & Cards Set

by Denise Robinson
\$40.00

A4 set of laminated desk charts & cards

Total of 17 Colour Cards – Red, Orange, Yellow, Green, Blue, Indigo, Violet/Purple, White, Magenta, Pink, Turquoise, Brown, Grey, Black, Gold, Silver, Bronze/Copper
Negative Emotions (what the colours clear)
Positive Emotions (what the colours bring and shift)
Physical Attributes (what physical symptoms the colours can be used for). Two double sided pages (4 pages in total)
Held together with a hinged ring for easy flipping



Chakras Emotions A4 chart set

by Denise Robinson \$30.00

Total 630 emotions – 90 emotions for each chakra

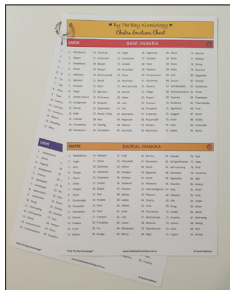
Includes the 7 major Chakras;

Related Element & Symbol for each

Chakra; Chakra colour coded; Emotions numbered in each section for ease of muscle testing.

Size: A4 - Two double sided pages (4 pages in total)

High quality professionally colour printed & gloss sheened laminated. Held together with a hinged ring for easy flipping. Easily find the involved emotion for an imbalanced or balanced Chakra.



Transpersonal Chakras Emotions A4 chart

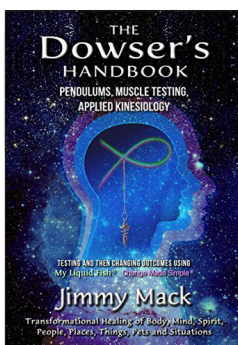
by Denise Robinson \$13.00

A4 single sided, cello gloss laminated

Total 72 emotions

12 emotions for each of the six Transpersonal Chakras – Earth Star, Causal, Soul Star, Stellar Gateway, Universal, Divine Gateway. Transpersonal Chakra colour coded

Easily find the involved emotion for an imbalanced or balanced Transpersonal Chakra.



Dowser's Handbook

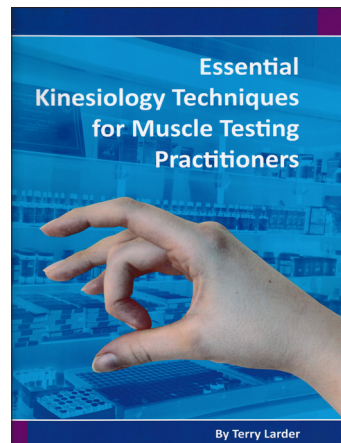
by Jimmy Mack \$47.00

with Pendulums, Muscle Testing, Applied Kinesiology

NOTE: This is a small specialist paperback of only 33 pages

Primarily intended for dowsers, this can help build a foundation upon

which you can develop even greater skill sets than mere dowsing.



Essential Kinesiology Techniques

by Terry Larder
\$217.00

A brand new professional manual for Kinesiologists that includes many finger modes and popular and techniques in the field.

Covers over 80 tests & corrections across the main application categories:

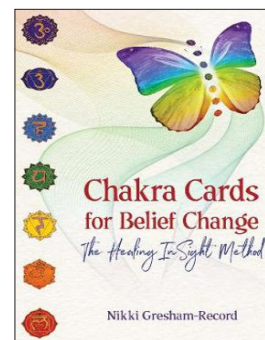
- Electromagnetic
- Emotional
- Biochemical
- Structural
- General & Mixed

* Plus there is a quick reference table at the back for the protocols and also a list of suggested procedures for various health issues (alphabetically arranged)

* Sections are coloured coded so you can quickly access the information - important for any reference. The manual is colourful and logical with many great photographs and very clear diagrams.

* For ease of use the manual is wire ring bound and sits flat and the pages turn very easily. A4 size.

* 246 pages of accessible and usable kinesiology techniques.



Chakra Cards for Belief Change

by Nikki Gresham-Record
\$33.00

As first presented in her book: Working with Chakras for Belief Change

A transformative card deck and guidebook for creating positive change using high-vibration chakra imagery and belief affirmations

– Includes 56 full-colour cards, each featuring a main chakra image or chakra-aspect image along with chakra-related beliefs and affirmations for energetic realignment

– The accompanying guidebook describes how to use the cards for therapeutic guidance and inspiration or as part of the Healing InSight Method for belief change

– Explains how to select cards to identify the beliefs we need to work on or to help us become a vibrational match with the belief or life experience we desire

Unhealthy beliefs can take root within the chakras, causing energetic blockages that affect us emotionally, mentally, and spiritually. There are 28 beliefs for each chakra, which can be transformed using the chakra cards and the Healing InSight Method described in the accompanying guidebook.

Containing 8 different cards for each chakra, the deck includes a main chakra image card along with 7 chakra aspect cards.