

Name: _____ Date: _____

IDENTIFYING LEVELS OF EMOTIONAL OVERLAYS

15 MINUTE PROTOCOL

Presented By

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Definitions and Terms

N.O.T.	Neural Organization Technique is a systematic protocol based primarily in applied kinesiology that organizes the nervous system through the primitive neonatal survival reflex systems of fight/flight, feeding, reproduction, and Immune System. A primary focus is the vestibular system.
N.O.T. Instructors	Instructors of Neural Organization Technique that have been certified by N.O.T.-IP Certification Board post 2014 are well qualified to teach.
A.K.	Applied Kinesiology: Professional Applied Kinesiology P.A.K. is a functional neurological assessment and therapeutic technique originally developed by Dr. George Goodheart in the early 1960's and later evolved into the International college of Applied Kinesiology (I.C.A.K.).
Manual Muscle Testing	MMT Is a methodology within A.K. utilizing an isolated muscle challenge to access neurological function and memory of the central integrative state of the ventral horn of the spinal cord and the sum total of synaptic activity of both excitatory and inhibitory fibers. It functions as a neurological assessment tool allowing a practitioner access to biological processes.
NL / CR	Neurolymphatic reflexes also known as Chapman Reflexes CR are skin surface reflexes that facilitate lymphatic drainage of both muscle and corresponding organ(s), originally developed in the 1930's by Dr. Frank Chapman, Osteopath.
NV	Neurovascular reflexes are skin surface reflexes that facilitate vascular drainage of both muscle and corresponding organ(s), originally developed in the 1930's by Dr. Terence Bennett, chiropractor.
TL	Therapy Localization is unique phenomena of A.K., which allows a practitioner the ability scan reflexes in real time for physiological and energetic imbalances.
IM	Indicator muscle is often used to facilitate a specific procedure or scan.
ESR	Emotional Stress Reflex also known as the stomach NV points.
Gait	The walking or running posture and its associated neuro-muscular activity.
TNRR	Tonic Neck Righting Reflexes.
Cloacals	Cloacal reflexes are the primitive centering reflexes of the pelvis.
Ocular	Ocular reflexes are the head righting reflexes responsible for orientating to the horizon.
V.C.	Visual Centers are bilateral points located on skull directly posterior to the eyes. V.C. is primarily used as a diagnostic enhancement tool.
Labyrinthine	Labyrinthine reflexes are the head righting reflexes responsible for orientating to gravity.

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 minor 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 not uncommon; the stress pattern can be transferred to the heart. In this situation, the heart is primary organ identified as Cardiac Back Stress Syndrome.
4. **Right Sphenoid Bone Tilt:** Therapy localization of the sphenoid bone with a distortion pattern of; descended 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