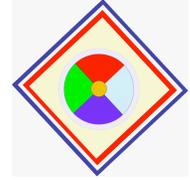


# THE INHERENT SYMBOL OF FLOW

*Dr. Wayne Cook's and Brain Gym® Hook-Ups*

*How to temporarily balance your nervous system so that you can receive more energy - and it will only take from 5 seconds to 5 minutes!*



By THOME-us (MARTee) TegTmeyer

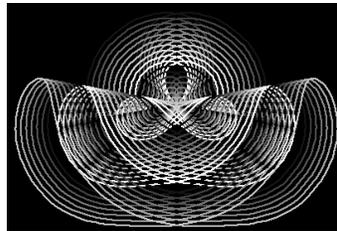
T. M. TegTmeyer, BA, CBRSI, TPN, CEnKP, CTFHI, Lic.BGIC, CSOI, CMI

*Edited by Laurie Copeland, RPP*

Reprinted with permission. Originally published by *International Energy Currents, Autumn/Winter 2005* (updated T. M. Tegtmeyer and published in Spring 2006 *Tone Magazine*, Ottawa, and updated and published in *Energy Kinesiology News* February 2010 and October 2012)

## Acknowledgements

Apart from the many references to sources in the article, I would like to honour the memory of integrating innovators, the late: Margaret Ann Richardson Kean (Margaret A. Kean, Margaret Fields Kean), George Goodheart; John F. Thie; Gordon Stokes; Moy, Lin-Shin; Mui, Ming-To. In addition, I particularly appreciate the physiology work of Dr. Wayne Cook, Dr. Paul Dennison and Gail, and Dr. Carla Hannaford: 2005, 2<sup>nd</sup> edition, *Is Not All in Your Head*. The honours the combined Medicines/Directions with Five Element Theory. The below comes from:



the physiology work of Dr. and Gail, and Dr. Carla *Smart Moves: Why Learning Medicine Wheel* logo above Aboriginal Four Traditional Chinese Medicine Bernoulli lemniscate image

[HTTP://ONLINE.REDWOODS.CC.CA.US/INSTRUCT/DARNOLD/CALCPROJ/FALL07/MEEKSADELSPERGER/LEMNISCATE/LEMNISCATEOFBERNOULLIT.PNG](http://online.redwoods.cc.ca.us/instruct/darnold/calcproj/fall07/meeksadelasperger/lemniscate/lemniscateofbernoullit.png)

## Introduction

This article is focused on the transformative power of circular patterns such as spirals, helixes and figures-of-eight, “lemniscates.”

I have used these forms in my holistic health practice since 1995 with effective results, incorporating physical movements, symbols and discussion largely through the Results System, a simplified protocol with great intent that suggests to a client areas of exploration to pinpoint stressors and how to address them to achieve optimal conditions. This is facilitated by the use of muscle monitoring, a technique used by kinesiologists and health professionals to help them understand people and who they are through the body's neuromuscular responses.

To better understand the physiology of this work and other traditions, I began to study Brain Gym® Educational Kinesiology. Brain Gym® links learning theory to the function of muscles and to balance them with intentions and goals. In doing so, there are physiological changes affecting the senses, emotions and perception (Carla Hannaford: 2005.)

### **Symbolism of Circular Forms**

Rudolf Steiner often used the figure-8 or “lemniscate” to illustrate his descriptions concerning the interplay of polarities in all manners and ways. This figure may of course be traced by the locus of a point, a characteristic of the curves of Cassini. It may, however, also be constructed in the interplay of two families of circles with two loops and foci in polar opposite in quality. This is a true picture of the interplay of the cosmic polarities with their breathing reciprocity (Whicher.)  
Folded over itself, I see a circle offset within a circle yet it remains dynamically a lemniscate.

The symbolism used for figures-8 abounds. One circle can represent the individual, the other the universe. This can represent “the changeover which all beings have to make who come into the earthly space from the living spheres of the spiritual, and then one day pass out again beyond our sight, from the world of visible phenomena to the invisible world of spirit” (Whicher). Another interpretation can be that one circle represents the head and the other the limbs while the cross-over point represents feelings. The cross-over point can be described as where our higher natures and lower natures meet. Alternatively, it can symbolize where information is communicated over a bridge (corpus collosam) between the two brain hemispheres responsible for Gestalt (image/figure functions) and Logic (analytical) functions.

In Tarot cards, which are linked to Kaballah or Qabalah, and to Egypt, the “Magician” card has on a hat in the form of a lemniscate. It is to signify the first motion of creation (Manly Hall: 2003, *The Secret Teachings of All Ages*). The “Strength” card, also known as the “Enchantress” has a cosmic lemniscate over her head, proclaiming her as an adept. This symbol also represents balance. She has initiated a spiritual cause and therefore, according to the laws of the universe, she will receive a spiritual effect. In a third card, the “Juggler” is juggling two balls inside a lemniscate, maintaining harmony in the midst of change (Eden Gray: 1971, *Mastering the Tarot*).

In open literature about Chinese traditions, the main lemniscate flow of energy is called the macrocosmic orbit which circulates up the spine and down the front of the body then crosses the body to go down the back of the legs, and up the front of the legs to cross the body again to complete one cycle. The circle up the spine and head and down the face and front of the torso is called the microcosmic orbit (Mantak Chia and Dirk Oellibrandt: 2004, *Taoist Astral Healing*). The unimpeded flow of energy in these channels would indicate that the body is fully open. These forms are incarnate in Traditional Chinese Medicine in which energy is expressed through the body by two vessels and 12 major meridian lines.

Also from China, is an internal boxing mediation exercise call Pa-kua (Eight Divinations) where you walk a circle. It is as though you are macrocosmically walking in the universe, affecting and being affected microcosmically by the changes inside your body (Robert Smith and Allen Pittman: 1989, Pa-kua: Eight-Trigram Boxing). One story is of a poor boy Tung Hai-ch'uan from Hopei province who met two Taoists who trained him for eleven years in Pa-kua. After seven years of walking around a tree, it seemed to lean towards him. He then became enlightened and reported it to the Taoists. They instructed him to do a figure-8 walk circling two trees, which he did for two years until it seemed that the trees began to "pursue" him.

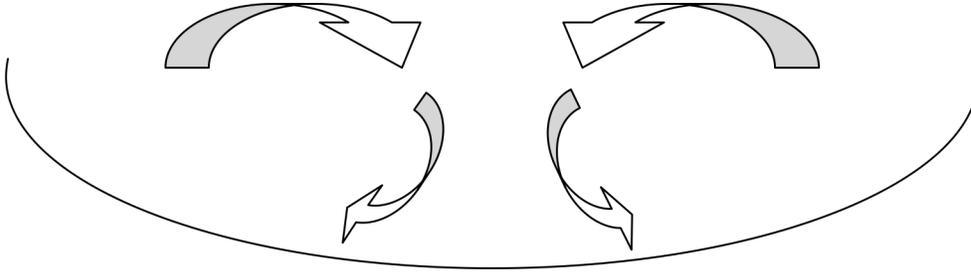
### **Natural Phenomena**

Various sources down through the ages say that the greatest wisdom comes from observing nature. In nature, there are two basic symbolic forms: the straight line and the spiral. In symbolic form, the straight line and the spiral as polar-opposites to each other are types of form that create the basis for all form-creations, e.g., circles, ovals, and Cassini curves including lemniscates. They are found in the zodiac and come to expression in its gestures. By simply observing the expanse of the heavens one can reflect on how vast possibilities can be in a universe where each one of us have a part to play as a piece of the whole.

Rudolf Steiner described rhythm as a kind of bridge between the two poles of the sensory and supersensory worlds. "While pressure is the paradigm of physical force, and suction of the etheric, rhythm expresses the constant interweaving of the two in living things" (Whicher.) In a circular form this takes the image of a lemniscate. Water demonstrates clearly this spiral form in vortexes in currents and draining water. Each vortex also has a tunnel of downward suction.

With the slightest resistance, water curls and curves. One result is the meandering course of natural rivers; this meander is the pulse of the river. As water tends to move towards the spherical, it streams to form a vortex, in reciprocating left and right-handed movements.

A river has two natural currents moving in opposite directions from the banks toward the centre of the river and then down to the riverbed and up to the riverbanks (Theodor Schwenk). Curiously, if you were to cross the river and back following the currents, the moving water streams resemble a figure-of-eight that you can trace with your finger on the diagram on the following page:



Research has shown this water form has fantastic catalyzing properties on its environment. When water flows through seven descending water vessels in the shape of two overlapping ovals “flow forms”, the water swishes inside from one side to the other in each water form in a figure-of-eight pattern assisting in purifying the water. Such a system is in functional use at the Rudolf Steiner Centre near Toronto, Ontario, Canada ([www.rsct.ca](http://www.rsct.ca)), as part of a black and grey water treatment system developed by EcoWerks Technologies Corporation ([www.ecowerks.ca](http://www.ecowerks.ca)). The re-cycled water is used to flush urinals and toilets. The flow forms and movement of water bring and aesthetic value as well reminding us of our responsibility in using our natural resources.

#### **Integration: Figure-8 and Dr. Wayne Cook’s Hook-Ups**

So what implications does this have for human physiology. One manner in which the figure-8 can be consciously harnessed inside the human body is through Dr. Wayne Cook’s Hook-Ups exercise. It involves placing an ankle on the other knee and holding this ankle with the opposite hand, while the other hand touches the ball of the foot so that your wrists cross in an “X.” The effect is to flush the meridian system using kidney meridian and strange flow vessels. The process is enhanced by holding the tongue on the palette of the mouth on the in-breath.

Variations of Hook-Ups are well known in the field of Energy Kinesiology, which is the study of the movement of energy in living systems. Leonardo di Vinci said that movement is the source and cause of all life (Theodor Schwenk.), and “Stress cannot stick to a moving target.” (Paul Dennison). We see this in the interplay of water, a universal solvent and its synergistic relationship with four other elements of traditional Chinese medicine (Wood, Fire, Earth and Metal) in the growth and conservation flow cycles of energy.

Part of the curriculum of the Institute of Higher Healing, Virginia (1985-1997), includes Wayne Cook’s Hook-Ups, which was modified in Educational Kinesiology as the last of four basic learning readiness exercises designed to help with setting and meeting goals; and working alone (*Brain Gym® Teachers’ Manual*, and *Brainboosters for Business*.) For more information about Kinesiology visit <http://www.kinesiologyconnections.com/ek.htm> and [http://www.braingym.org/.](http://www.braingym.org/)

*In order to register the physiological responses of a very calm relaxed state using a computer program with bio-feedback software, a practitioner expected his subject to take about 600 minutes [10 hours]of interactive training, or prep time.*

*His subject, in this case a neuroscientist and biologist, Carla Hannaford, demonstrated that by doing a Hook-Ups exercise, it took her only 5 seconds to achieve the same results.*

*The practitioner was very surprised and asked pointedly, “How did you do that?” (Source: Carla Hannaford, Smart Moves...2005, 2<sup>nd</sup> Edition)*

Hook-Ups are designed to create a whole-body figure-8. This is also done in the Brain Gym® version: begin by crossing your ankles (standing or seated) and by clasping your hands together, crossed-over with thumbs pointing downward. Then fold your clasped hands down and back through your arms to rest against your chest. This in effect, connects the electrical meridians running through the arms, legs and torso and completes the electrical circuits thereby encouraging the natural flow of electromagnetic energy from one meridian to another.

Slow inhaling and exhaling will support you in returning and staying in present time. By placing your tongue on the upper palate of your mouth, about an 1” behind the front teeth (the same place that is stimulated when an infant is breastfeeding) you complete the microcosmic orbit of the meridian system (governing vessel and conception vessel). Breathing in this way facilitates the body in balancing its internal systems. The resulting slowing down of the metabolism engages the parasympathetic system and flushes out toxins and blockages through the meridian, lymphatic and urinary systems. By noticing the dilation of the pupils in a subject’s open eyes (often after being in the first position for about 15-20 breaths), we can often see the precise moment that the pituitary gland processes new information sent by the muscles to the brain.

*“Hook-ups activate the sensory and motor cortex, stimulating the right and left hemispheres of the neocortex. The tongue on the roof of the mouth connects the limbic system (emotional centers) with the neocortex (reasoning centres) allowing rational processing of emotionally charged issues and increased choice of responses and actions.”*

*The physiology of Hook-ups as described by Shirley Miekka:1995 adapted from Carla Hannaford: 1992.*

Finish the exercise by uncrossing your ankles and touching the pads of your fingers, of both hands together continuing to breath, as in the first position, for another 15-20 breaths. Holding a specific goal in mind will elicit stronger results. As well, a glass of water taken before and after this technique will facilitate the Hook-Ups figure-8 effect to re-establish a rhythm between the sensible and

supersensible worlds. Hook-Ups are recommended to tame the heart for open discussion and promote positive thoughts. What a journey from the beginning of lines and curves.

THOME-us (MARTee) TegTmeyer began exploring integrative health in 1984. In 1995, he started a holistic health practice as an Advanced Results Facilitator (1995) and a Basic Results System Instructor, accredited in 1996 by Margaret A. (Fields) Kean (1940-12-06 to 2009-04-08) who was a co-founder and Director of the School of Holistic Healing Arts, Institute of Higher Healing, Smith Mountain Lake, Virginia, 1985-1997. (<http://www.cinemind.com/atwater/beyond.html> <http://atwaterndenews.blogspot.com/2009/04/memorial-to-margaret-fields-kean.html>.)

THOME-us (MARTee) is a Professional Member of the Canadian Association of Specialized Kinesiology ([www.canask.org](http://www.canask.org)), the Energy Kinesiology Association ([www.energyk.org](http://www.energyk.org), [Who We Are, Find A Practitioner, Letter "T"](#)) and the International Association of Specialized Kinesiologists ([www.iask.org](http://www.iask.org).) In addition, THOME-us completed the Third Party Neutral (TPN) program of the Canadian Centre for Conflict Resolution ([www.cicr-icrc.ca](http://www.cicr-icrc.ca)) of which he is a member, and gave Conflict Resolution training in the workplace with lawyer co-facilitators and to the Canadian Mental Health Association. Thome-us completed the educational requirements for the international requirements for the Chartered Mediator designation ([www.imimmediation.org](http://www.imimmediation.org).) He studied Collaborative Leadership training at the Rudolf Steiner Centre, just north of Toronto, and has been studying: Clinical Kinesiology with Dr. Chris Beardall of Woodburn, Oregon; Switched On ... series with Dr. Jerry Teplitz ([www.teplitz.com](http://www.teplitz.com)) for which he can instruct two seminars, and Developmental Kinesiology with Renate Wennekes ([www.dev-k.org](http://www.dev-k.org).) for which he is a workshop leader for Integration of conception and decision: Workshop 1. Desire for children and being welcome.

THOME-us volunteers in the community in many ways in facilitating the hosting of expanding consciousness events, and in providing complementary care services. He also founded a not for profit gathering for people to exchange balances with "presence"; see [www.energybalanceexchange.org](http://www.energybalanceexchange.org), listed in Ottawa's 211 electronic directory Accredited by a Canadian charity as a volunteer instructor, he taught wellness classes for 22 years in the workplace. See <http://nccam.nih.gov/news/multimedia/gallery/energymed.htm>.

THOME-us teaches Touch for Health® ([www.touch4health.com](http://www.touch4health.com) and [www.touchforhealth.us](http://www.touchforhealth.us)) and Brain Gym® ([www.braingym.org](http://www.braingym.org)) educational model kinesiology. Since 1996 he also teaches many methods based on Margaret A. Kean's teachings and applied kinesiology for helping professionals. He is also a certified instructor with A School of the Prophets (2012) from the Order of Melchizedek, Sanctuary of the Beloved, Inc., in which he was ordained (1995). Consultations are by appointment and curricula can be adapted to your group's needs. Other languages: French and German. You are invited **to call 613.769.5575 and email:**

[balance@ThomasMTegtmeier.com](mailto:balance@ThomasMTegtmeier.com) or [martEE1111@gmail.com](mailto:martEE1111@gmail.com)

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