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VIBRATIONAL KINESIOLOGY FOR THE REHABILITATION OF PSYCHOSOMATIC PROBLEMS

Incorporating muscle testing with clients in my medical and kinesiological practices enabled me to develop a system of working with psychosomatic problems.

Today's modern lifestyle increases emotional stress and psychosomatic diseases. Traditional allopathic medicine does not have the capacity to cope with this problem; it focuses only on disease-specific symptoms corresponding to specific diseases. It considers an individual as a physical and chemical formation, consisting of chemical and structural components.

Vibrational Medicine is undergoing further development and recognition. It is based on the Einstein model of the duality of matter "particle - wave." It takes a new look at the structure of the body: the frequency of the electromagnetic fields differs from the frequency of the physical body. Vibrational Medicine is aimed at balancing human electromagnetic fields.

Methods of Vibrational Medicine: Homeopathy, Reflexology, Sound Therapy, Colour Therapy are effective as they affect the electromagnetic fields of a person.

Mental and somatic processes in human life are interconnected and depend on the environment. Even a normal person, with a perfectly functioning 'inner world', experiences "clashes" with their external environment. Difficult life situations can cause personal problems to become obsessions, negative emotions accumulate, and self-doubt appears. This builds up tension internally and can lead to illness.

Various worries and behaviours are controlled by different sections of the nervous system, primarily the limbic system and the functions of the autonomic nervous system, regulating the work of internal organs. Thus, through psychosomatic illness, the body gives signals about personal needs in the form of pain symptoms, chronic diseases, uncontrollable behaviour reactions, emotional states and colour preferences.

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Muscle testing reveals the “codes” about the “errors” of physical body, electromagnetic fields, personality structures, as well as providing the keys to restoring balance.

Using muscle testing on Maslow's Hierarchy, a pattern emerged of a conflict between higher needs and lower-level needs. Dissatisfaction with lower-level needs creates barriers to meeting higher needs.

Contradictions between the “I - Person” and the “I - role” are created, causing internal tension. Incorporating the meridian system within muscle testing of self-esteem and obstacles to achieving goals (according to the U-sin system), enhances understanding of the causes of psychosomatics and determining tactic.

Colour is an important tool for correcting internal stress. The autonomic nervous system coordinates all organ function. Via the eyes, the body receives information from the brain and autonomic nervous system about the individual's perception of colour. The perception of colours is associated with certain feelings and determines an individual's: self-esteem (green), self-confidence (red), satisfaction (blue), inner freedom (yellow).

Sound vibrations created by tuning forks are one of the main forms of Vibrational Medicine therapy - aiming to restore and maintain harmony with the Energy Field. Each cell of the body resonates with its unique frequency. Through resonance and entrainment, sound helps bring the body to an optimal vibrational frequency, affects biochemical metabolism, and tunes the nervous system as a musical instrument.

Thus, the use of colour and sound corrections through kinesiological practices provide pathways for the rehabilitation of psychosomatic issues.

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From the beginning of my career in the Soviet Union I knew I was an “unusual” doctor. I searched for alternatives to understand the connection between physical and mental conditions. I started implementing “Three in One” kinesiology more than 25 years ago.

The Head of Health Department called me a “Black Sheep” and offered me the Directorship of their Children's Rehabilitation Centre.

I have practiced rehabilitation, homeopathy, reflexology, music therapy and information wave therapy. I have spent long nights learning oriental philosophy and meridian interactions systems and have completed a clinical psychology course.

At the age of 50 I moved to Australia with very limited English. Silvia Marina supported me in sharing kinesiology knowledge in Russia. While in Russia I organised workshops for Wayne Topping, Philip Rafferty and Anastasia Wada. I am proud to say that AKA was the first stepping stone to Russian kinesiology revival.

I also completed courses at Australian College of Sound Therapies which was a significant step in my professional development.

I combined my professional experience into one approach of muscle testing, which is based on vibrational medicine.