

Kinesiology Beyond the Physical Body

Exploring more deeply the kinesiology you already know

Ger Casey

Kinesiology gives us a way of asking the body for information. But what happens when we take the kinesiology we already know and explore it beyond the physical body?

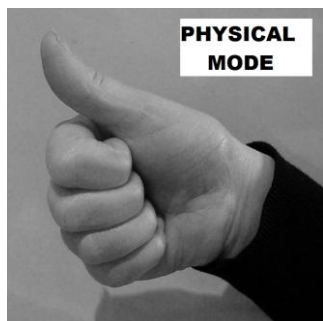
The idea

The subtle bodies offer an additional lens for exploring familiar kinesiology. A muscle, meridian, emotion, goal, chakra, nutritional question or structural issue may give a different response when checked in a different body. The purpose of this is not to teach another kinesiology system, but to add another dimension to the system you already use.

The central question is simple: What happens if I check this in a different body?

Seven bodies, seven perspectives

In this model, the seven bodies are Physical, Etheric, Emotional, Mental, Buddhic, Atmic and Monad. Each has a different focus and can be accessed using a hand mode. The hand modes below are provided as a reference so you can continue exploring the method in your own practice.



Physical Body

The densest and most material of the seven bodies: what we see and touch.

Associated chakra: Root chakra

Focus: Survival, grounding, health and physical sensation.

Bend the fingers over and place the pads of the fingers on the heel of the hand, hold the thumb straight up and close to the fingers. As you activate this mode, bend the wrist to the right side if using the right hand, or to the left if using the left hand. This is an active moving mode, so you muscle test while the other hand is in rotation.



Etheric Body

A subtle duplicate of the physical body, extending just beyond it.

Associated chakra: Sacral chakra

Focus: Energy flow, vitality and the emotional/physical interface.

Place the thumb and little finger pads together on both hands.



Emotional Body

The seat of emotions and feelings.

Associated chakra: Solar Plexus chakra

Focus: Emotional awareness, self-expression and empathy.

Place the thumb pads and ring finger pads together on both hands.



Mental Body

The layer of thought, reasoning and conscious mind.

Associated chakra: Heart chakra

Focus: Thought patterns, understanding and perception of reality.

On both hands, bend the little and ring fingers forward, then place the thumb pad across the nails of both fingers, with the index and middle fingers up and separated.



Buddhic Body (Spiritual Body 1)

Carries higher ideals, intuition and soul-level memories.

Associated chakra: Throat chakra

Focus: Soul wisdom and higher guidance.

Touch the pad of the thumb to the pads of the ring and little fingers on both hands.



Atmic Body (Spiritual Body 2)

Where intuition, direct knowing and unity consciousness arise.

Associated chakra: Third Eye chakra

Focus: Intuition, higher perception and inner guidance.

Touch the pad of the thumb to the first crease of the ring and little fingers on both hands.



Monad Body (Spiritual Body 3)

The highest and most subtle body; pure spirit or divine consciousness.

Associated chakra: Crown chakra

Focus: Enlightenment and unity with all that is.

Touch the pad of the thumb to the second crease of the ring and little fingers on both hands.

A simple method to take home

1. Do your normal clearing tests.
2. Choose something from the kinesiology you already know, for example, a supraspinatus test.
3. Use the hand modes to check the same muscle through the different bodies.
4. Notice whether the response changes. Do not assume that everybody must show a difference.
5. If more than one body shows an unlock, establish the priority body.
6. Use an appropriate correction from Touch for Health and correct in the priority body.
7. Retest the relevant body or bodies that showed an unlocked muscle.

Use your kinesiology, not mine

You can explore this approach with muscles, meridians, emotions, goals, chakras, nutrition, structural work, and other methods already within your training. The subtle-body hand modes do not replace your kinesiology; they offer another place to look.

This introduces one aspect of the work developed within Colour Matters. Colour Matters takes the exploration further into colour, frequency and balancing approaches. The intention here is to give experienced kinesiologists a practical way to deepen the work they already do without teaching the complete Colour Matters system.

About Ger Casey

Ger Casey is the founder and Principal of the Kinesiology College of Ireland. She has practised as a kinesiologist since 1992 and as an international trainer since 1995. Ger is a former President of the International Kinesiology College. She has also served as Dean of the IKC Personal Development School and Touch for Health School, and continues to contribute internationally through teaching and board work. She is the author of Colour Matters, which received IKC Personal Development School approval in 2022.

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