

# Finger Modes, Mudras and Nadi Shakti

Addendum *Bits and pieces of supplemental information...*

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# Hand Modes

Hand modes originated as mudras in the Orient and were expanded into the health field by Dr. Alan G. Beardall.

The modes are finger positions that create a three-dimensional symbol, or shape, that generates a frequency. This frequency interacts with the body's energy field producing a kinetic change in muscle tone if it resonates or has a relationship with anything going on in the body.

Modes can be used to ask questions of the body about energetic imbalances that may be present. A mode producing a kinetic change in an indicator muscle when placed in the hands would be positive and indicate an involvement of that represented frequency with the body's situation at that time.

## Alan Beardall, DC and Clinical Kinesiology (CK)

Alan Beardall, DC developed Clinical Kinesiology from Applied Kinesiology in order to resolve his frustration over identifying which technique was the optimum approach for the specific person and their symptom picture at that time.

Over the years, hundreds of AK techniques were developed most of which provided extraordinary benefit when used for the correct condition at the appropriate time. The problem was knowing when to use which technique.

## It was often hit or miss...

This situation was complicated by the fact that the presenting complaint or symptom most probably would not be the causal factor.

**Symptoms** are best described ***as conscious complaints resulting from a long cascading sequence of events and circumstances,*** resulting from a ***cause that might have happened quite some time previously,*** and been ***subsequently adapted to and forgotten by the body.***

Dr. Beardall discovered a method to develop a dialogue with the patient's subconscious. It allowed the body to unwind the adaptive patterns to disclose the causal factors needing treatment. This method also reveals which techniques and protocols to use in which order, what supportive therapies were needed, and when the various treatments were completed correctly, and when the session was complete.

This discovery was quite serendipitous.

During a treatment session, Dr. Beardall had found a weak muscle and turned around to document his finding. When he retested for confirmation the muscle was strong without any intervention. While attempting to resolve how this could have happened, Beardall noticed that the patient had several fingers touching. Retesting with the hand opened resulted in the original weak muscle.

Fingers touching equaled strong muscle; hand open equaled weak muscle.

This simple serendipitous discovery led to the development of hundreds of mudras or hand modes and protocols to clarify and evaluate the body's problems and optimum solutions. In order to understand this "body language," Dr. Beardall developed what he coined the Biocomputer Model.

## Priority Mode

If we have a weak Latissimus Dorsi muscle and we want to know if that muscle is a priority to correct, we can put our fingers in a certain position which changes the

electrical readings, this is called **Priority Mode**, we can then retest the muscle.

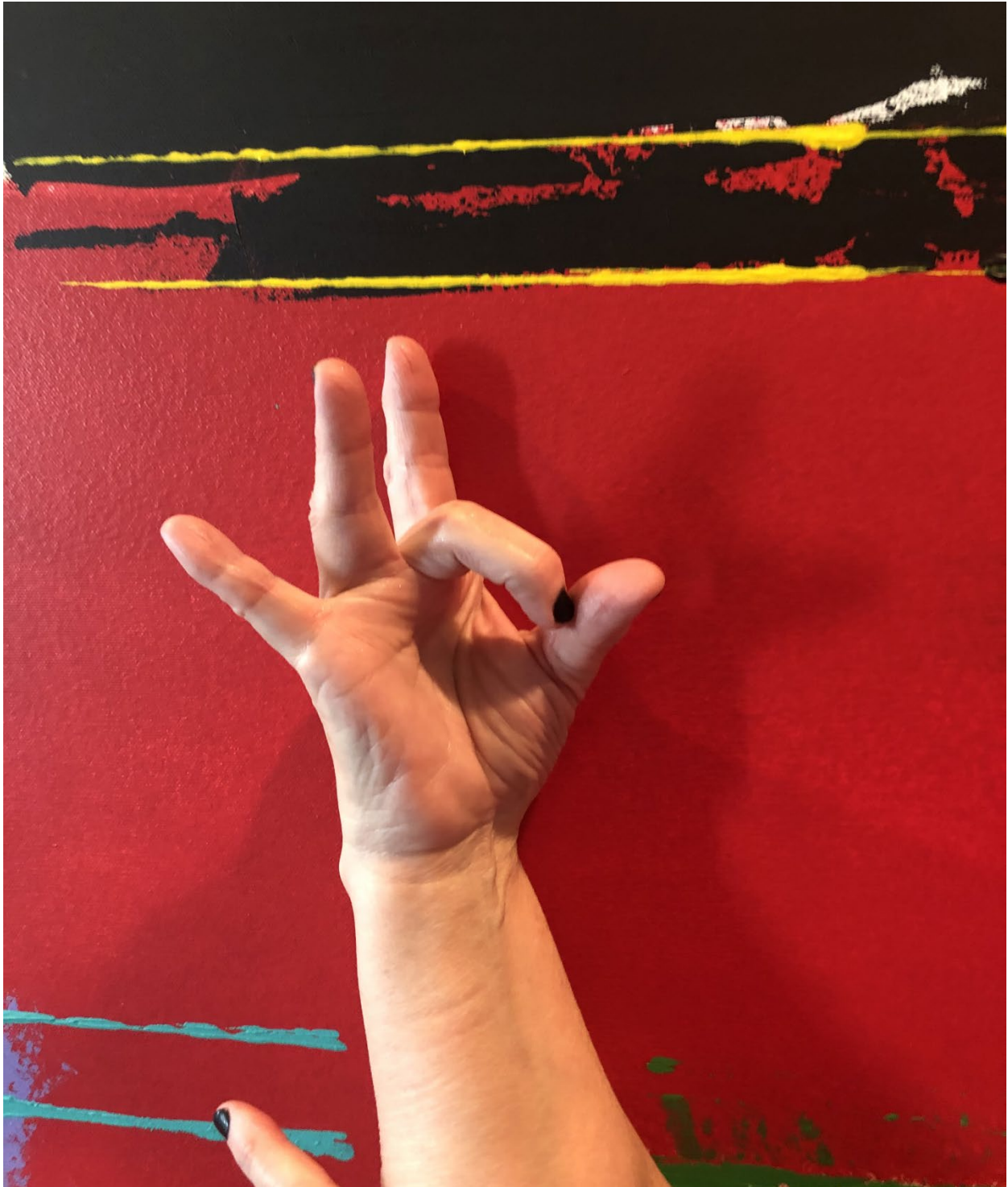
*If it remains weak,  
it is not a priority,  
therefore,  
we would move on and find  
another muscle that is.*

If the weak Latissimus Dorsi now showed strong with priority mode in place, then we would know that this muscle is ready to be fixed and will probably switch on other muscles to optimum performance.



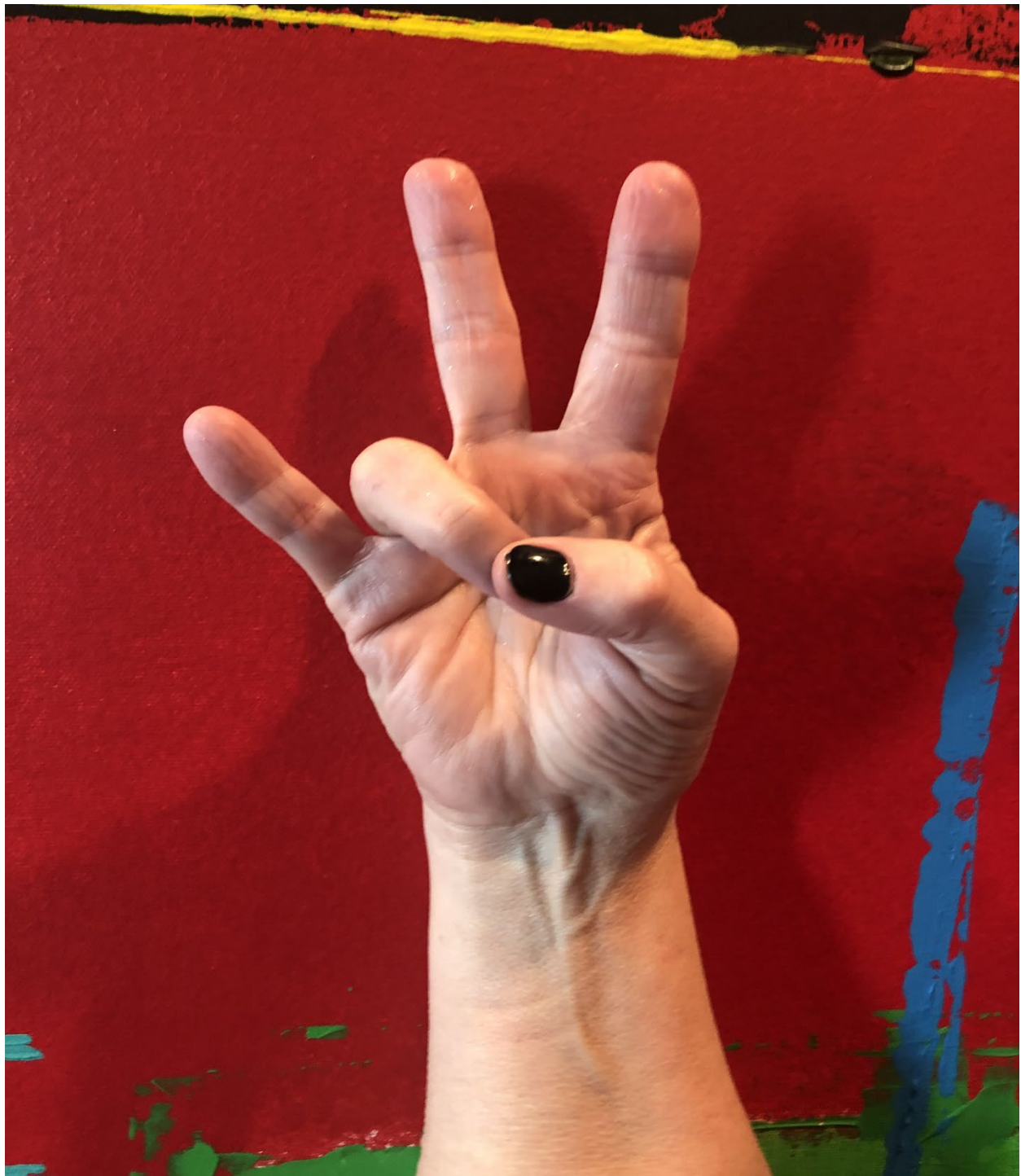
**As a rule of thumb, our bodies go wrong in a certain order and they like to be put right in a certain order too.** This is not necessarily linked with the chronological order of symptoms or what has sequentially happened in people's lives, it is simply the intelligence of our bodies.

# Priority

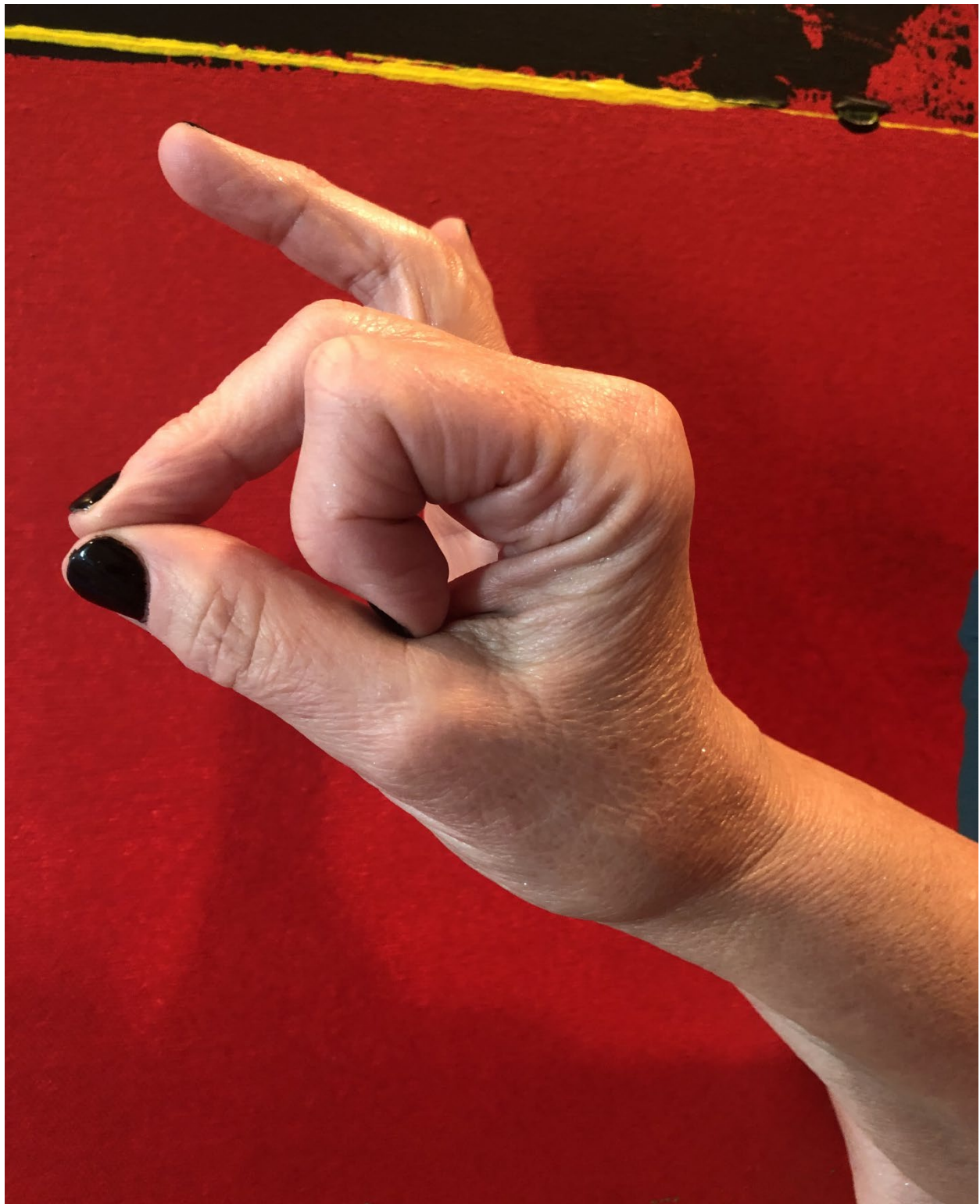




## Essences

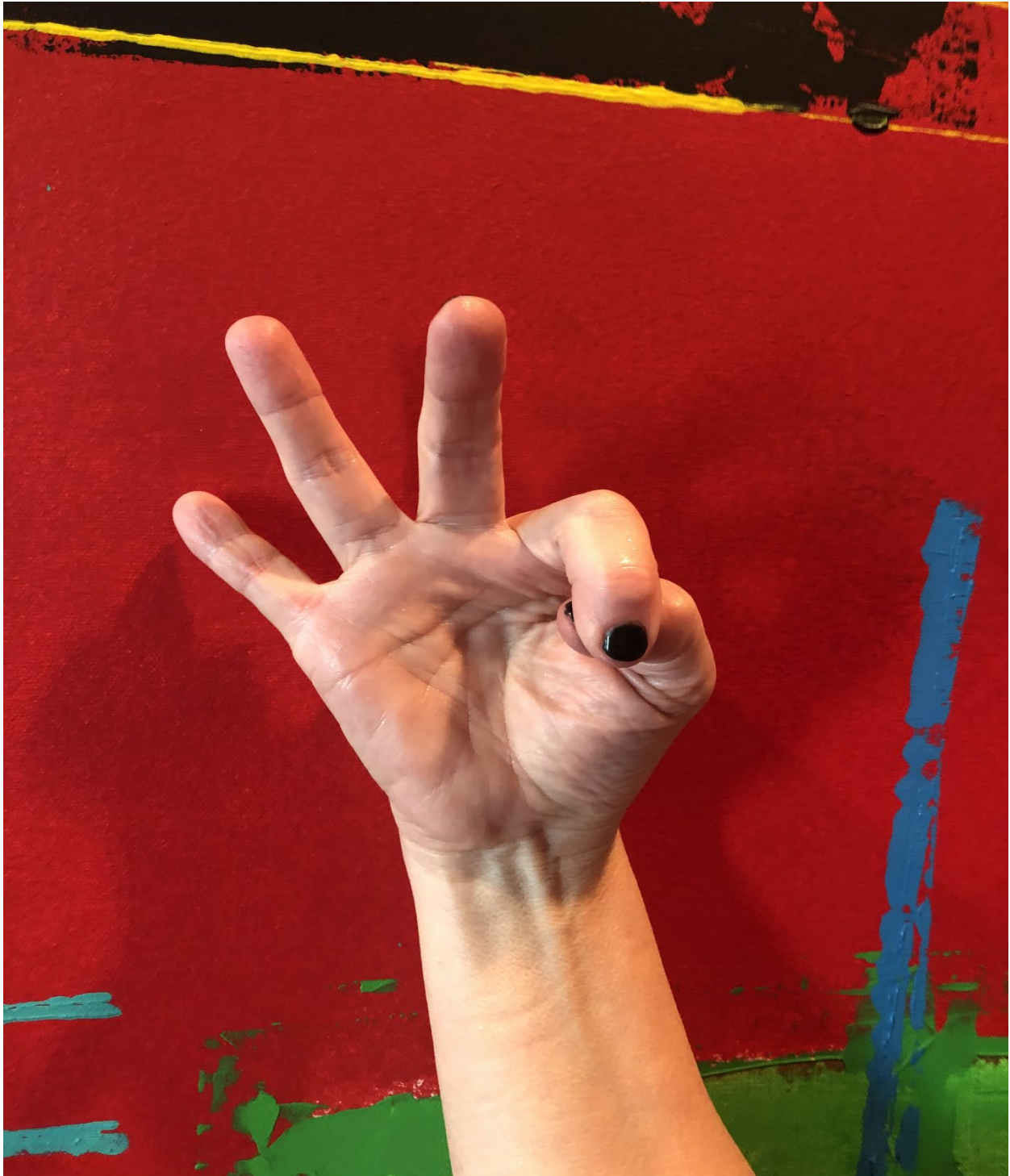


# Bacteria





# Chakras





# Glands



## Emotional





# Allergy



# Structure





# Parasite



## Fungus/Mold





# Virus

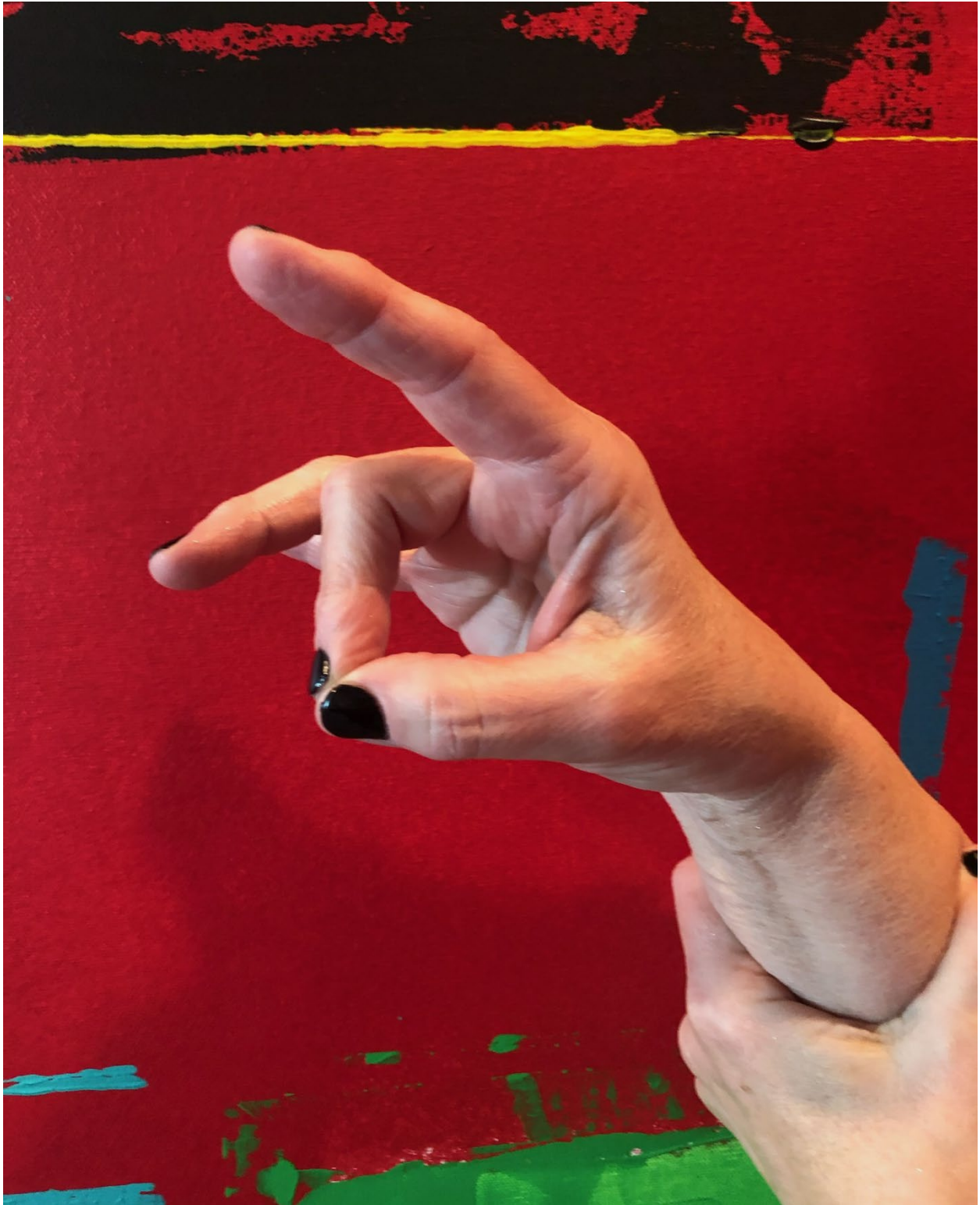


## Disturbed Field





# Geopathic Stress



# Toxins





# Body Ecology



## 16 Additional Finger Modes (From Course handout)

adding to the basic 5 modes that Donna Eden teaches her students



Top row left to right:	Toxicity, Body Ecology, Geopathic Stress, Disturbed Field
2 <sup>nd</sup> row left to right:	Bacteria, Viruses, Fungus/Molds, Parasite
3 <sup>rd</sup> row left to right:	Structural, Allergy, Emotional, Glands
4 <sup>th</sup> row left to right.	Chakra, Essences, Meridians, Prioritize



# Stress/Therapy Localization

Areas of stress emit a frequency of 69.5 gigahertz that creates a shift in polarity of the skin over associated reflex areas from yang to yin.

The surface of the body is mostly yang relative to the interior of the body, which is yin.

The yang polarities and energies on the outside of the body help to protect the body from external, pernicious influences.

When there is stress inside the body, the associated skin reflexes switch polarity to yin.

This can be detected by placing the palmar surface of the fingers (yang) on the stressed area (yin).

The two opposite polarities energize a circuit, which produces a kinetic change in an indicator muscle.

This is called "Stress" or "Therapy Localization," and it indicates the presence of acute stress, attempted adaptation, or in-process adaptation.

## Finger Mode Discussions - Weak or Strong????

When working with Finger Modes... it is the ***indicator change*** we are looking for. **Finger Mode Discussions** are a dance between a strong indicator and a weak indicator... the body will go weak and strong throughout a mode session... answering yes to that or no to that as the session progresses.

### **Example:**

Weak Latissimus Dorsi test.

Put body in Priority Finger Mode and retest the Lat.

Now the Lat is testing strong... that indicates the body is saying **YES** that is the priority – please do this first - it's my priority.

Fix the Lat.

Test the Lat in the clear. It's now strong all by itself because you fixed it.

Now if you put the Priority Finger mode on and test the now corrected Lat at the same time - it will test weak. The Lat is no longer a priority... you fixed it.

The Lat test AND the Priority Finger Mode together produce a weak test indicating that the Lat is no longer the body's priority.

# Bibliography

Walther, David S. - ***Applied Kinesiology Vol. 1, Basic Procedures of Muscle Testing.*** 1981

Diamond, John - ***Your Body Doesn't Lie.***1989

Kapchuk, Ted J. ***The Web has no Weaver, Understanding Chinese Medicine.*** 1947

Thie, John F. – ***Touch for Health.*** 1979

Many of these studies are listed in the website of the International College of Applied Kinesiology website: <http://www.icakusa.com/Research.html>



## About Sara Allen, PhD, EEM-AP...

Dr. Sara is a doctorate level holistic health practitioner. She has studied extensively food as medicine as well as supplemental & herbal medicine. Her specialty is a particular self-brand of energy medicine – best described as a combination of ancient Chinese and East Indian modalities that are systematized via energy kinesiology. She is deeply skilled in Eden Energy Medicine, Pranic Healing, Touch for Health, EFT, Advanced Psych-K, Animal Energy Medicine, and she just cannot stop talking about the fascinating world of German New Medicine.

Dr. Sara is a certified trainer in Leadership Effectiveness Training, better known by its acronym L.E.T., with Gordon Training International. LET is a Rogerian based system of communicating and understanding the complex world of feelings and needs. It is a beautiful and versatile tool that enables practitioners to gently tease out and discern the root emotions causing conflicts within the psyche and in relationships. Dr. Allen also teaches LET skills in the corporate world to ease conflict and enhance productivity in the workplace. She also teaches P.E.T. – Parent Effectiveness Training to anyone raising humans. PET teaches skills to parents and children to create peace, cooperation and individuation between parents and the children who are raising them.

Dr. Sara has a private energy medicine practice in Asheville, NC. She is senior/founding faculty at the Eden Energy Medicine School. Dr. Sara also sits on faculty at the European Energy Medicine School in London. She is the Educational Director for the Central Region Eden School in Chicago and runs the Eden Fundamentals Program in Asheville, NC.

Dr. Sara's training, and over 20,000 hours of clinical experience, have resulted in a masterful blend of skill and intuitive understanding of the client's needs. She also understands the practitioner's needs. As a result, she is in high demand as a mentor to the advanced energy medicine student. Her experience and success create outstanding classroom experiences for both the novice and advanced student/practitioner.

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Note: Energy Medicine stimulates innate health-promoting mechanisms that restore the body's natural state of well-being. It does not attempt to diagnose, treat, or cure illness.

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