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Amy CHOI Wai Ming is a professional trainer, balance facilitator, course author and a pioneer in integrating kinesiology and traditional Chinese qigong techniques. Her mission is to facilitate balance, health and learning in herself and others. Since 1997, she has been pioneering the spread of Touch for Health and Educational Kinesiology in Hong Kong and mainland China by using, teaching, sponsoring and translating the works. In 2006, she presented her first paper in combining Chinese qigong and kinesiology in Germany and later on in U.S.A., Canada, Ireland, Japan, Hungary, Spain and other places. The Qigong Movement Balancing Series and the Authentic Self Casework Workshop Series have become important elements of Qinesiology, a system of work which she and Conrad HO Siu Chan are developing. She is one of the two Directors of Brain Body Centre Ltd. in Hong Kong, a board member of Touch for Health School of International Kinesiology College (IKC), China Faculty for the Touch for Health School of IKC, Professional Kinesiologist of the IKC Professional School, an International Faculty member of the Educational Kinesiology Foundation for China, and an executive committee member of Touch for Health China. She is also a mother of two boys, whose free and happy souls have always been her teachers and source of inspiration.

Ming's Mirror Method - Listening and moving with the client in the field from within

Authenticity

I wait and feel for authenticity - the movements, postures of the subject - all the feelings, textures, sounds and colors about him/her, to show up in my body and my mind.

- Amy Choi

Clarity is the key to the accuracy of the response of the tool we use

The ability to get a clear indicator muscle response is necessary when a kinesiologist is communicating with the client through muscle checking. Before muscle-checking, both the facilitator and the client work best if they go through a set of activities that switches on the brain and body. The facilitator will also make sure that the muscle will act as a clear indicator by giving it at least three types of challenges – physically, mentally/emotionally and chemically. During muscle-checking, both the facilitator and the client should best remain mentally neutral – for locking/unlocking feedback to show up as accurately and authentically as they could be.

To me as a kinesiologist, the word “clear” means that the mind/body system is in a state whereby various responses and information can show up accurately via muscle-checking or other feedback mechanism – thus allowing the mind/body system to be aware of these feedback for the purpose of making changes towards more coherence.

However, clarity is a skill that needs to be learnt. We are affected by many factors such as our own history, culture, upbringing, belief systems, emotions, attachment to clients and our own stresses. When we work with a client, we may also be affected by the thoughts and intentions of those who are physically in or not physically with us. e.g. other participants in class, family members of the client, etc.

How can we be trained towards being clear? I found a way through my 5-year experience with a way of moving and listening I discovered.

“Whole-system feedback” has become possible when I opened up myself to the “field”

On September 4, 2010, I discovered a new way of moving, balancing and gathering the client's information by chance. During the 2nd day of a 5-day workshop I taught for the first time for women in China, I found

myself moving in an unusual way while I was doing one-on-one balance with a client. She was lying down on a yoga mattress as I was touching her back and her spine. Then, I felt my body started to move on its own – half guided by my own intention and half guided by what I would now call a “force”, or how I felt as a movement tendency. When I continued to follow the flow of the movement tendency, the client started to have deep emotional responses – such as crying or laughing. My mind then remained open and empty. I just focused on the client, moved the way as I was guided AND intending, and at the same time being aware of other participants and the environment. Little words and conversations were used. When I first discovered this way of working with clients, I, too, had mental, emotional and physical reactions – sometimes I cried, sometimes I vomited together with the client. Sometimes, my breathing patterns changed. Sometimes, the images of my clients remained as strong impressions in my mind for days or months. Sometimes, I found myself balancing them in my dreams. When I discovered this way of moving and listening, it took me a few days to recover to my own rhythm after teaching and balancing clients in the workshop for 5 days. I interpreted this as myself having similar issues with the client, and thus a golden chance for me to fully experience it and to get clearer myself while I was balancing them!

Because of the interesting and sometimes positive results I have heard from my clients, I became more interested in the method, and have kept moving and listening to the client this way for 5 years in a few workshops I created called Authentic Self Series, which aimed at facilitating women and men to live out who they are. Since September 2010, I have taught 14 other of these workshops with a total of 189 participants in China and Japan. Some positive case reports from clients include: positive change in life attitudes, deep emotional transformation, change in patterns of smoking or drinking, change from infertility to fertility, more normal menstrual cycles and quantity, more feminine in outlook and in attitudes, healing from virginal pain or itchiness, etc.

For me, one year after another, sessions after sessions, this way of working with clients became easier for my mind/body. Even though I was experiencing their stories, I became clearer and less involved with them physically, mentally and emotionally. Besides the sense of movement and proprioception, the other senses such as hearing and vision also opened up – so I was speaking and seeing more and more during the

balances. I just allowed myself to speak and move moment to moment. This describes the way I work and my attitude in such a session:

The Beginner’s mind

One step
Next step
And another step
Walk each step with
The beginner’s mind

One word
Next word
And another word
Say each word with
The beginner’s mind

One thought
Next thought
And another thought
Receive each thought with
The beginner’s mind

No expectation
Just wait

Everything
Just is

This has been my attitude towards experiencing my perception of their experience:

Millions of Phenomena

The millions of evil phenomena that appear in my mind
I am not afraid any more
I do not resist
I learn to
see them
observe them in a relaxed way
talk to them and shake hands with them.

The millions of beautiful phenomena that appear
in my mind
I do not hold onto them
I do not hold tight
I learn to
smile at them
enjoy them freely
talk to them and say good bye.

The Ming's Mirror Method – working towards the whole-system being a clear indicator

Besides using it in the Authentic Self Series, I have also been using this method in many of my private sessions - combining it with the other kinesiology techniques I know. In 2014, I named it the Ming's Mirror Method / 明鏡調和法. The word Ming (明) means light, and consists of the balance the light from the sun (日) and the moon (月). The word Ming (明) also means "clear".

The Ming's Mirror Method works with conscious and sub-conscious information of the client by listening, mirroring and moving with them in the field. The facilitator communicates to the client, using mainly the proprioceptive sense and intuition as the main perception tool, as well as the other senses such as the sense of hearing (internal and external), vision (internal and external) and touch.

In this method, the facilitator works with the client moment-by-moment. A "goal" or "intention" by the client or facilitator is not necessary at the beginning of a session. Background information about the client is also not necessary to the facilitator. In fact, sometimes, it is an advantage that the facilitator knows nothing about the client so that he/she has little preconception. As the session unfolds moment by moment, the story about the client comes to the surface beautifully like a dance or a drama. The balancing theme and the story becomes more apparent to both the facilitator and the client at the end. Sometimes, it takes some time for the client to understand and to make sense of what the direction of the balance is about.

The Ming's Mirror Method is highly intuitive, artistic and creative. The experience starts from within and there is no specific "steps", and yet there is a "movement tendency" that the facilitator can learn to follow during the session. Being a clear mirror is the essential for the mind-body to "get the messages" and follow this tendency.

To experience and to trust are the keys

Through these experiences of moving and listening, I would like to summarize these as my way to become a clear mirror:

1. Stand still and be empty
2. Stay neutral
3. Stay in the boundary and put my attention to the field
4. Experience, experience and experience
5. Live and move moment by moment

Last but not least, EXPERIENCE and TRUST are the keys. Experience life in full. Listen, whether it is joy or sadness, tears or laughter. Trust yourself, trust your intuition, trust the information you hear, you see, and you feel. Trust the universe and follow the your movement tendency and keep the intention to be more coherent. Then, just wait and let sacredness and beauty naturally comes to you.

References

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Playing In the Unified Field, Raising and Becoming Conscious, Creative Human Beings by Carla Hannaford, Ph.D., Great River Books.

Energy Kinesiology Panel Discussion with Charles Krebs, Ph.D., James Oshman, Ph.D., Matthew Thie, Amy Choi, moderated by Juan Carlos. 2012 International Kinesiology Conference in Spain. https://www.youtube.com/watch?v=KJ5pQkDQ_fl

Awards:

2013: International Kinesiology College (IKC) Contribution Award

2014: Health Qigong Wu Qin Xi (Five Animal Play) Open Competition Group E Gold Medal (Organized by the Sports Federation & Olympic Committee of Hong Kong, China)