

Balancing for Individuality, the Wellness Connection

By Conrad Ho,
Registered Touch for Health Instructor,
International Kinesiology College

The Kinesiology Conference of Hongkong, CHINA

17 January 2004



What is “Wellness”?

The ancient Greeks have put it beautifully simple: a sound mind in a sound body.

The National Institute of Wellness defined it in 2002 to be “an active process of being aware of and making choices towards a more successful existence.”

A booklet published by the University of Hong Kong in 2003 further elaborated upon the concept as:

1. Physical Wellness – not just being free from illness, but also positive sensations of energy, vitality and enthusiasm in life. Recommended actions include eating well, exercise regularly, promotion relaxation, etc.
2. Emotional Wellness – feeling good about oneself, know who you are and what you stand for; also being positive about the roles of limitations and uncontrollables in life. Recommended actions include self-love, accepting own emotions, letting go, forgive and appreciating own limitations.
3. Social Wellness – having good connections with parties in your environment, i.e. people, Nature and things, being able to participate in and contribute toward other people’s lives. Recommended actions are sharing experiences, submerging in different cultures, getting involved, making connections, taking up leadership challenges, living in harmony.
4. Intellectual Wellness – using one’s abilities to improve upon knowledge, understanding, wisdom and skills. Recommended actions include opening up the mind, broadening your horizon, creating, experimenting and learning.
5. Spiritual Wellness – searching for meaning, value and purpose in life and reaching into the full width, depth and height of your existence. Recommended actions are knowing who you are, indulging into important causes, living your goals and values, etc.
6. Environmental Wellness – think and act ecologically, strengthening our connectedness and appreciating our interdependence with the environment. Recommended actions are recycling “wastes”, respecting Nature and adopting a holistic perspective.
7. Occupational Wellness – the degree to which we are enriched, satisfied and positively charged by our work. Recommended actions include expressing yourself in your work, developing your life career, realizing your dream, etc.

An Approach to Maximize Wellness in the Body

The body is conceptualized to be a collection of cells, structured in a certain relationship pattern among themselves. Since a uni-cellular way of life is possible and practical on Earth, there must be a good reason for the human body to choose to be multi-cellular. There must be some benefits in such form of life that a uni-cellular organism cannot enjoy, e.g. more stable living environment, division of labour, easier predation, etc.

What kind of organization among the human cells will make the resultant body the most efficient form to realize such benefits unenjoyable by a uni-cellular organism? I do not have THE answer but I am proposing a probable answer here, i.e. the innovative organization.

In management theories, specialists are increasingly converging in their opinions on the sustainable competitive advantage among companies in the free market in the 21st century, i.e. innovation. There are quite some empirical researches on real-world innovative companies that are doing very good, in terms of increasing profitability, continuous expansion and/or rising market share, in the long run, i.e. several decades, like Toyota, Melikan, 3M, Nokia and so on.

According to the researchers, the one common feature that exists in all cases is a superb idea-generating system. To oversimplified the picture, there are several most outstanding points to remark in these innovative organizations' efforts to encourage creativity and innovation:

1. reliance on the self-initiated activities of the employees in the frontline;
2. promote unofficial activities of the employees;
3. always ready to filter through serendipity in search of new ideas;
4. provide diverse stimuli in the workplace;
5. foster intra-company communications; and
6. constantly re-aligning units in the company in adjustment to new organizational patterns.

In their idea-generation systems, there are also several features to note:

1. they go after small ideas rather than big, revolutionary ideas and discover their profound implications to the company organization;
2. they do not reward individual ideas but make idea generation part of the employee's job responsibility; and

3. they focus employee's attention to the ideas they are searching for.

When you perceive your body as a corporate, an organization of cells, who are

1. the board;
2. the management;
3. departments and divisions;
4. ad-hoc project teams;
5. frontline workers;
6. back-up staff; and
7. contractual staff?

What is the "corporate culture" in your body? Is it a management from above or a fluid direction from below? Is it dictatorial or democratic? Is it a market economy or a planned economy? Are individual cells encouraged to express their opinions? When they do, are they being heard? How are you hearing their opinions?

How are you encouraging innovation and creativity in your body? Is there a superb idea-generation system installed?

Individuality as a Precondition to Wellness

The above sessions are to give the reader a general idea how I am working to help clients promote their wellness. From this paragraph down, it is a specific example on how I am doing it.

Who is the actor whose wellness is to be maximized? Before you can define "yourself" and establish your individuality, you cannot even start this wellness maximization process. This logic is pure and simple. So, we proceed to the core of this presentation, a balance for individuality.

A Balance for Individuality

Background Information

When has a cell lost its individuality? An extreme and obvious example is when they go cancerous. Some cells may, for some reason not yet fully and exactly known, sustain certain foreign receptors, e.g. those which should belong to a virus, on their membrane surface. Immune cells will identify them as alien and attack them. As a result, auto-immunological diseases will begin, e.g. arthritis and hyper-sensitivity.

Still other cells may go astray and stay in the wrong places, like certain immune cells “crawled” into certain linings inside the wall of the coronary artery of the heart to cause the disease of coronary arteriosclerosis.

When has a person lost their individuality? An extreme example is insanity, in which the person may not recognize their own identity or has mixed up the experiences of others with their own, and vice versa. More frequent and daily-life cases are those in which a desperate spouse has dedicated themselves in the selfless service of the other half in order to maintain their relationships. Sometimes, parents devote all their time and resources to their children regardless of their own well-being. Adults, on the other hand, may still be clinging on to instructions or prohibitions as laid down by their parents intended only for them as kids. In a word, the person is denying certain parts of themselves. In these denied parts, they are living others’ lives or letting others live their life.

The Balance

1. **Switching on** - Do your “switching on” exercises in whatever ways you like.
Use self-noticing or muscle-checking by a partner to make sure it is done.
2. **Goals** -
 - a. Draw “Myself as a Group of Cells”, either realistically or in an abstract way per your own choice.
 - b. Act “Myself in the Society” in the context of a group, interacting in your OWN ways, as if you were in a drama performance playing the role of “yourself”.
3. **Checks** -
 - a. Use muscle checking to find out the answer to fill in the blank: “I am ___ % myself.”
 - b. Visualize your cells doing their own things in disconcert.
 - c. Visualize your cells doing things collectively in a concerted effort.
 - d. stand alone in the group, no connection whatsoever.
 - e. stand connected in as many ways as possible to as many group members as possible while maintaining your self-identity at the same time.
4. **The Balancing Activities** –
 - a. “Who am I?” meditation – in your own usual meditation posture, or whatever posture you find most relaxing for the moment; do slow, deep

breaths; all your attention on sensing slight breezes caressing on the tip of your nose; all the time reciting rhythmically in your mind and/or in your mouth “I am (your name).”

- b. Make 2 lists, in words and/or in pictures, as exhaustive as possible. One includes all things within you, e.g. beliefs of your dad, values of your mom, codes of conduct of your school principal, etc., that are no longer “you” per your own decision. The other includes your things within others, e.g. attention to an adult son, affection to a departed lover, concern over spouse’s private matters, etc., that have better been with yourself instead.
- c. Union (the 27th movement of Whole Exercises) - Stretch all 4 limbs as far as possible; palms extended; torso straight; eyes closed; smiling. Do minimum 4 deep and slow breathing cycles; in through the nose and out through the mouth. As you inhale, rotate the torso clockwise for 180⁰ towards the right and reverse while you exhale. No change in the foot positioning. Do minimum another 4 deep and slow breathing cycles and rotating the torso in the opposite directions. As you are doing the movement, imagine all the time that bits and pieces of you are coming back from all directions while bits and pieces of non-you’s are leaving your system to where they should belong. Do as many breathing cycles as you like or feel enough to complete the purifying process at the moment. However, do at least two minutes, really noticing all your sensations in the process.

Note : 1) Maintaining an attitude of welcoming yourself becoming more purely yourself is vital to the effects of this movement.

2) Use only your waist to rotate the torso, keeping the relative positions of the shoulders and the arms constant.

5. **Evaluations** – repeat items in the goals and checks to contrast for achievements.

6. **Share** feelings, findings and learnings in a group of 3 or 2.

Though it is possible to balance for your individuality completely, i.e. you have become 100% yourself, in one single procedure, it is unlikely, at least in my personal experience with myself and my clients. Use said statement to measure the progress, if you choose to believe in muscle-checking results. Do not be dispirited by the figure apparently slipping and sliding and you may need to seemingly redo certain balances. Just keep on. When you ultimately really successfully completely finish balancing for a certain goal, the figure will stand at 100% forever.

Appendix – Background of the Design of this Balance

The Core Concept of Whole Kinesiology – the Whole

Every person is a community of inseparable parts that collectively constitute the whole:

1. a being is whatever party you may deem as distinct from other parties, e.g. a planet, a molecule, a cell, an organ, an animal, a human; a community is a collection of beings which have connections and interactions among themselves;
2. “inseparable” in the sense that once a part leaves the community, the community changes forever and cannot be the same again;
3. “part” because one must have some influence on and be influenced by the “whole”, however minute.
4. “whole” is whatever grouping a part or a being may fall into, as suggested above. Your body is a whole, because it may be perceived as a community of cells, each of which can, in fact, live independently given an appropriate environment. Your total system is a community of your spirit, mind and body, according to certain school of thoughts.

Therefore, this relative concept of “whole” varies in its scope, depending upon which defining criteria you are using.

The One Desired Outcome of Whole Kinesiology

It is to continuously maximize the wholeness of the person, given the current constraints in the moment.

The Three Ultimate Balancing Goals of Whole Kinesiology

1. Energy - coherence;
2. Information - resonance; and
3. Matter - congruence.

The Fundamental Assumptions of Whole Kinesiology

1. The Universe and all its individual parts are all holograms of the same Whole;
2. The partial equilibrium of each part is the result of the process of constraint maximization; and
3. The state of the whole, any wholes, is a general equilibrium which is a function of all the partial equilibria of the parts.