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during a kinesiology balance you will notice i hold my fingers and hands in different positions these are called hand modes or finger modes they are a type of electromagnetic and energetic specific frequency indicators the thumb is considered electromagnetically and energetically neutral

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the finger mode for the desired type of balance it is appropriate to note that the neurovascular reflexes for stress release on the forehead noted in the tfh handbook ref 7 primarily for emotional stress release are useful for many different types of stress

using the same principle it is possible to evoke basic balances for other classes of

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hand modes also known as finger modes or digital determinators the use of hand modes in kinesiology was originally established by

alan beardall d c based on the concept of mudras hand positions used by eastern indians when meditating beardall found that connecting different fingers had meaning in the body that were responded to

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here s a straightforward guide to modes and scales to follow modes are a very simple concept but can take some time to really understand and get under your fingers in a way that gets you playing around with them with any authority basically all a mode is is a scale

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