

# Kinesiology ... I'm skeptical A fascinating experience with Philip Rafferty

**To start with** - Philip Rafferty fascinated me... me, a critical journalist. This kinesiologist from Australia knew how to captivate an audience. With his way of demonstrating his techniques live on that balmy summer's evening on June 30, 2005 in Klettgau, Griessen, a small town in South Germany, he captivated me and the whole audience.



*Photo M Koepfer: Michaela Hespeler (centre) introducing Philip and his interpreter Carol Man.*

Griessen is a small, dreamy town near the Swiss border and one of the best and fastest kinesiologists in the world was coming to this quiet place at the back of beyond to deliver a talk and present his techniques? However, to start at the beginning: I was sitting in the newspaper office and the phone rang. At the other end of the line was Michaela Hespeler, a self-employed kinesiologist who told me about this fantastic kinesiologist, Philip Rafferty, who was going to give a lecture demonstration in her home town. Okay, I thought: that would be another two lines of information about coming events in our appointments calendar. For, honestly, I could imagine what kinesiology was, but an international top kinesiologist coming here to the Catholic parish hall in Griessen? I was doubtful, to say the least. As she explained that she had been a student of Philip's, that she had experienced many almost incredible things during those studies and she became ever more and more enthusiastic about this Philip Rafferty I in turn started to become more interested in this event. We agreed that she should write an announcement about it and send it to me. This stated in understandable words what, according to Philip Rafferty, kinesiology was all about: the KINERGETICS method that he created

which regarded people holistically, the balancing technique which used only the energy from the hands, the biofeedback mechanism of the muscle test and, of course, his RESET method specially created for lay people, a particular method to relax the jaw joint, which balances the jaw. This article promised to harmonize the jaw muscles and jaw joint by using a relaxing, energizing way of balancing the head. Emotional stress release, the release of muscle tension, easing of pain and much more...

By this time I was really paying attention for some of the things she wrote applied to my son. Since the event was billed as "Live and Learn More Easily: Letting Go of Fears and Tension" instead of the announcement with two lines in our weekly there would be a six column article with 100 lines, for by now I was convinced that this topic would be of interest to many people.

Afterwards I phoned Michaela Hespeler and warned her, with this "advertising" there would not be enough room in the Catholic parish hall - and she should definitely reserve two seats for me, because now I was really curious to know what one of the world's best known kinesiologists could really do ....

## About 50 People Successfully Treated. Philip Rafferty Also Helped Me...



*Photo M Koepfer: Philip Rafferty treated about fifty people in Griessen on that evening.*

Thursday evening, 7.30 pm. Catholic Parish Hall, Griessen: half an hour before the start

of the event the room was already full to overflowing. Michaela Hespeler decided the event should take place out of doors- Each visitor took their own chair and sat in a half-circle waiting for Philip Rafferty who then arrived accompanied by his interpreter Carol Man. A lean man who at first made a somewhat shy impression - but only just as long as he was waiting to get into action - while he listened to the friendly words of greeting.

"My goodness, there are more people here than at my last demo in London." said Philip Rafferty in English and with that won the laughter of the more than 200 guests and the ice was broken. Then he started. He asked those people to come forward who had health problems or who were in pain. Three people of different age groups immediately volunteered. Carol Man asked them to rate their pain on a scale of one to ten before and after the "treatment" from this Australian. All three and all of the volunteers afterwards spoke of slight to large improvements even sometimes that the pain had completely disappeared. And this irrespective of whether the pain was headache, migraine, or problems with the arm, shoulder or leg.

In the beginning what happened all looked very strange to lay people like me: Philip Rafferty moved his hands 30 centimeters above the body and was then able to ascertain from the interaction of the muscles where the problems lay. He used his jaw relaxation method on some of his "patients". Carol Man explained briefly in understandable words much of what he was doing which made what he was doing much clearer to understand. So far, however, I was convinced that every one who had been treated on the table could not say anything else other than it was better - just to be polite...

In the meantime I had got a massive backache again that evening. Three weeks previously I had helped my brother-in-law to move house and since then I got very bad backache when I sat for long periods of time. At some point the queue of people ended and as if it were meant to be Philip Rafferty asked those people with pain in the lower back to come up. That was my cue. I

lay down on the table and Philip moved his hands over my body at some distance above it. He then asked me to press against his resistance with my arms and then my legs. Muscle testing was what that was called which gave Philip the information he needed to bring his "treatment" to a successful close. Not even two minutes had passed and Philip asked me to stand up. The pain was gone. However, I said that was not surprising since the pain only came when I sat for a long time. The backache, however, did not return after the prolonged sitting that evening, nor during the car journey back home. After I had sat at my desk the next day without any pain whatsoever I knew that Philip Rafferty had helped me. One week earlier I had been to the orthopaedic doctor who had set my bones and given me an injection - the relief had not even lasted for one day.

Another thing fascinated me that evening: Philip Rafferty spent about four hours treating almost fifty people till 11.30 pm. Michaela Hespeler seemed to be right when she said in the beginning: for Philip it was not about making money, it was about helping people. And that was just what he did. The average pain reduction in the people treated was a good 70 per cent. To be honest: I was truly fascinated. So much so that the next day I asked Michaela Hespeler if it would be possible to make an appointment with Philip for my son...

## And My Son Too



*Photo M Koepfer: Philip Rafferty - Was Also Able To Help My Son.*

Great - it was possible to make an appointment for my son. Philip Rafferty who normally only speaks at festivals and

congresses to demonstrate his techniques spoke at the Golf Club that morning. His topic this time was "Improving Sport's Performance". Immediately afterwards it was possible for my son to have his appointment with him. We entered a side room in the posh golf club and shook Philip Rafferty's hand. I told him that since his treatment three days previously I had had no more back pain. He simply answered with a smile and very dryly said "Of course." Then Philip spoke with my thirteen year old son Michael. I explained also that he had trouble with his knees and that the doctors had said, "There is nothing you can do about it. It is growing pains." The Australian smiled, he seemed to have heard that very often. He also soon found out that the boy had problems with his jaw. Philip took the time to search for and find the problems and then obviously solved them - for before this treatment my son had had problems running and had even had to give up his favourite sport, football, because of the pain and not being able to keep up with the team, although previously he had been one of the best in the team.

Now he jumped off the table and seemed to be a completely different person. We thanked Philip and said goodbye. At the door I asked my son whether he felt better or different. "Yes, I can really move easily again and somehow I feel very free but I can't really describe it" said the thirteen year old. To be honest I could not really understand what Philip had actually done, but he was able to help me and my son. And that was the most important thing.

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