

## CHAKRA HEALING KINESIOLOGY BALANCING PROTOCOL

1. Get **permission** to balance / Clear Accurate Indicator Muscle
2. **Pre-checks:** Hydration / Central Meridian / Brain Switching / Nervous System / Thymus
3. Test **Willingness Statements:**
  - “I am open and 100% willing and able to release my imbalances on all levels and dimensions.”
  - “I am fully clear and 100% willing to accept positive benefit and change eventuating from this session on all levels and dimensions.”

If unlock, clear with ESR and check More Mode, if I/C test for a remedy from below list. Restate, should lock.
4. Test **connection** to: **Spirit / Mind / Body-Heart / Earth**, if I/C on any, hold connection point while participant holds “I Love You” hand mudra over their heart and repeats the following statement until no I/C:
  - **Spirit** (Crown of the head): “Infinite Love and Gratitude to my Spirit Connection, I am pure love.”
  - **Mind** (Forehead): “Infinite Love and Gratitude to my Mind Connection, my mind is open, I can attract anything into my life, I have infinite possibilities and potential.”
  - **Body-Heart** (Over Heart Chakra): “Infinite Love and Gratitude to my Body/Heart Connection, I can heal, regenerate completely and be whole.”
  - **Earth** (Point to feet): “Infinite Love and Gratitude to my Earth Connection, my nature is to thrive and change.”
5. Discuss **physical symptoms** and scan body as appropriate, if I/C, put in circuit.
6. Discuss **emotional stressors** (from goal setting session sheet notes), do the following:
  - **Context / Theme** – test through each stress or get a theme of the stress, if I/C on stressor or theme, put in circuit

**and/or**

  - **Goal** - set an appropriate goal to balance, when I/C, put in circuit.
7. Test “**Is this the best goal for highest good for here and now on all levels and dimensions**”, should lock. If unlock, adjust goal as necessary and retest.
8. **Assess stress/energy/pain** on goal / context (0 = no stress; 10 = most stress)
9. Hold **suppression mode**, or say ‘Suppression’, if I/C put in circuit.
10. Hold **Priority Mode** and test for **Age of Cause or Age of Best Understanding**, when I/C put in circuit.
11. Hold **Time Mode** and **age recess** to time, when I/C on age, put in circuit. Ask participant “what comes to mind at that age/year?”. Confirm if relevant via I/C, put in circuit. If nothing comes to mind for participant, complete next step to find who/what was involved at age.
12. **Test for involvement** of: Self | Male | Female | Parents | Everyone | Circumstance | Thing | Place | Spirit - when determined involvement with I/C, put in circuit.
13. **Stack in circuit any relevant information** when discussing above on an I/C, when complete transfer circuit to the glabella.
14. **Hold Chakra Mode** over each chakra (starting at Base through to Crown), at the first I/C put in circuit.
15. Then use an IM to **determine type of chakra energy imbalance**. Use your hand scribe a circle **clockwise over chakra = Overactive**, if I/C put in circuit, if no I/C try **anti-clockwise over chakra = underactive**, if I/C put in circuit.
16. **Go to** the first page of **information on that chakra**. Discuss Chakra in brief to client.

17. Go to the “**Related Minor Chakra**”, use chakra mode over minor chakra/s to determine imbalance, if I/C put in circuit and discuss.
18. Read through the information under “**Governs**” to the participant, to see if there is any physical relevance for them (no need to test this), this section is just for information.
19. Go to the “**Qualities**” section. Test through each item, with each I/C, stack in circuit, write down and continue testing all words/phrases. Once you have tested all “Qualities”, discuss relevance with the participant.
20. Go to the “**Life Issues**” section. Test through each item, with each I/C, stack in circuit, write down and continue testing all words/phrases. Once you have tested all “Life Issues”, discuss relevance with the participant.
21. Go to the “**Emotions**” for that Chakra. Test through each emotion, with each I/C, stack in circuit. Once you have tested all emotions, discuss relevance with the participant.
22. Go to the “**Emotional indications of imbalance**” section. Test through each item, with each I/C, stack in circuit, write down and continue testing all words/phrases. Once you have tested all “Emotional indications of imbalance”, discuss relevance with the participant.
23. Go to the “**Emotional indications of balance**” section. Test through each item, with each I/C, stack in circuit, write down and continue testing all words/phrases. Once you have tested all “Emotional indications of balance”, discuss relevance with the participant.
24. All information has now been obtained and stacked in circuit for that particular chakra so now a remedy/s needs to be found to clear the chakra.
25. **Scan remedies database** (below) and when I/C, correct chakra with indicated remedy.
26. **Challenge remedy**, if I/C do more of same remedy. If no I/C, go to next step.
27. **Recheck Chakra Mode** on that chakra, should lock, if unlocking, check More Mode and go to remedies again. Continue until chakra mode holds over that particular chakra.
28. **Recheck** unlocking words/phrases from “**qualities**”, “**life issues**”, “**emotions**”, “**emotional indications of imbalance**” and “**emotional indications of balance**”. All should now be holding, if I/C find remedy.
29. **Repeat step 14-28** for other chakras.
30. **Recheck Chakra Mode**, should be clear, ie. no I/C.
31. **Recheck Minor Chakras** are clear, ie. no I/C.
32. **Recheck area of involvement (Who/What)** is clear, ie. no I/C.
33. **Recheck Age or cause or best understanding** is clear, ie. no I/C.
34. **Bring back to current age** in intervals and ask participant to say “**I am here now, 100% present**”, (ie. in current time), should be no I/C, if I/C use ESR or remedy until no I/C.
35. **Recheck Suppression is clear**, ie. no I/C.
36. **Recheck physical symptoms clear**, ie. no I/C when scanning body or stating symptom.
37. **Recheck goal / context**, should be clear, ie. no I/C on emotional stressors or goal.
38. **Recheck stress** on goal has reduced.
39. Test for **home reinforcement** – could be based on remedies used in balance, something around the goal, an affirmation, etc.
40. **Test “safe to close circuit”**, should be no I/C, if I/C use ESR until no I/C.
41. **Close circuit.**

## CHAKRA HEALING KINESIOLOGY REMEDIES DATABASE

<b>MENTAL (MIND-THOUGHTS) &amp; EMOTIONAL (HEART-FEELINGS)</b>	<b>PHYSICAL (BODY)</b>	<b>SPIRITUAL (SPIRIT)</b>
Crystal	Acupressure Point	Connection Points
Chakra Balancing Spray	Nutrition	Oracle / Healing Card
Chakra Balancing Oil	Hydration	Clearing Spray
Essential Oil	Central Meridian Energy	Activities/Spiritual Practices
Wellbeing Balancing Oil	Brain Switching Points	Crystal Pendulum
Flower Essence	Nervous System	NHC - Rock
Sound	Thymus Energy	NHC - Shell
Tuning Forks		Shamanic Healing Wand
Singing Bowl		Energy Work
Tingshas		
Colour		
Specific colour / card		
Colour therapy glasses		
Chromotherapy light torch		
Aura-Soma Colour Infused Oils		
Affirmation		
Element Balancing Spray		
Element Balancing Oil		
ESR		