

## KINEASY INTRO COURSE BALANCING PROTOCOL

1. Ask **permission** to balance

2. Clear **Accurate Indicator Muscle**

Test muscle ie. Brachioradialis – if locking go to 2a, if unlocking balance muscle first with NL's & NV's, retest muscle, should lock, then go to 2a.

a. **Physical Challenge** – sedate muscle (spindle off) “push to mush” – should unlock; tonify muscle (spindle on) “lengthen to strengthen” – should lock; if not responding correctly check for inhibited muscles.

b. **Emotional Challenge** - think of something scary/embarrassing or say “fear”, should unlock; think of something happy/pleasant or say “gratitude”, should lock; if not responding correctly do ESR.

c. **Biochemical Challenge** - think of smelling a bad/offensive smell, should unlock; think of smelling a pleasant smell/fresh air, should lock; if not responding correctly ask participant to walk outside and breathe fresh air.

3. **Pre-Checks**

a. **Hydration** – tug hair, should lock, if I/C drink water, recheck.

b. **Central Meridian Energy** – run meridian up from pubic bone to bottom lip, should lock; now run down in reverse direction, should unlock; re-run in correct upwards direction 3 times, should lock; if unlocking, flush meridian up and down several times and recheck.

c. **Brain Switching Points** – circuit locate Top/Bottom Lip (Top/Bottom brain); K27's at collarbone (Left/Right Brain); Coccyx (Back/Front Brain). If I/C, rub indicated points while holding navel and recheck points.

d. **Nervous System**

- **Circuit locate base of skull above C1 vertebrae**, if I/C, do the following.
- **Rub the knobs at the back of head** until the head feels heavy in your hands.
- **Hold the points either side of C1 vertebrae** until the head drops and relaxes.
- Use an IM to **test which oil to lightly use on the body**. Fragonia, Cedarwood, Chamomile, Coriander, Jasmine, Lavender, Marjoram, Palmarosa, Patchouli, Spruce, Vetiver, Ylang Ylang. Discuss the essential oil properties.
- Using the essential oil indicated above, apply a drop to your fingertips and rub together. **Use your fingertips to massage** the following areas:
  - Knobs at the **back of the head** and **up and down spine C1 – C7** vertebrae
  - Massage **around ears**, pulling and unfurling the sides of the ear's outwards
  - Down the side of the neck and **Vagus nerve**
  - **Gall Bladder 21** acupressure point
- **Magnet rubbed up and down spine** 3-5 times and **over the chest area** (*do not use on participants with a pacemaker or other metal in the body*).
- **Retest C1**, should lock, ie. no I/C. **If more needed go to FULL protocol.**

e. **Thymus Energy**

- Place **five fingers over Thymus** and test an IM. If I/C, do the following.
- With five fingers held over Thymus get the **% of life energy / immune function** (0-100%).
- Find which **Spleen 21** acupressure point to use and how many taps.
- **Thump the Thymus** while **tapping Sp 21** at the same time.
- **Recheck Thymus % of life energy / immune function**, should have increased.

4. 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 database. Restate, should lock.

5. 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.”
6. Discuss **physical symptoms** (listed on session sheet), scan body over pain/symptom area to test each one or ask participant to think about each symptom/s, if I/C, put in circuit.
7. 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 (make sure goal is in present time using “I am” or “I feel” or “I have”; positive; achievable), ask participant to state goal, when I/C, put in circuit. (Goal must unlock = needs balancing; a locked goal = already balanced to it and need to change or adjust goal)
8. 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.
9. **Assess stress/energy/pain** on goal / context 0-10 (0 = no stress; 10 = most stress)
10. Hold **suppression mode**, or say ‘Suppression’, if I/C put in circuit.
11. Hold **Priority Mode** and test for **Age of Cause** or **Age of Best Understanding**, when I/C put in circuit.
12. 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.
13. **Test for involvement** of:
  - **Self** – Hold Central Vessel 22 (sternal notch)
  - **Other Person** – **Female** (Hold Left Kidney 27) or **Male** (Hold Left Kidney 27)
  - **Parents** (either or both?) – Hold Both Kidney 27’s
  - **Everyone** – Hand across touching sternal notch + both Kidney 27’s
  - **Circumstance / Thing / Place** – Stomach 12 (*close to the raglan sleeve behind the collar bone*)  
**Left** – inside self / internal world | **Right** – outside side / external world
  - **Spirit** – Hovering above sternal notch

when determined involvement with I/C, put in circuit
14. Test through list of **Emotions**, when I/C, put in circuit and discuss.
15. **Stack in circuit any relevant information** when discussing above on an I/C, when complete transfer circuit to the glabella by swiping up through third eye area.

16. Scan remedies database (below) and when I/C, use indicated remedy.
17. Discuss relevance of remedy in relation to physical symptoms and goal/context.
18. Challenge remedy, if I/C do more of same remedy. If no I/C, go to next step.
19. Recheck emotions are clear, ie. no I/C.
20. Recheck area of involvement (Who/What) is clear, ie. no I/C.
21. Recheck Age of cause or best understanding is clear, ie. no I/C.
22. 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 other remedy until no I/C.
23. Recheck Suppression is clear, ie. no I/C.
24. Recheck physical symptoms clear, ie. no I/C when scanning body or stating symptom.
25. Recheck goal / context, should be clear, ie. no I/C on emotional stressors or goal.
26. Recheck stress on goal has reduced.
27. Test for home reinforcement – could be based on remedies used in balance, something around the goal, an affirmation, etc.
28. Test “safe to close circuit”, should be no I/C, if I/C use ESR until no I/C.
29. Close circuit by swiping down over glabella through third eye area.

### KINEASY INTRO COURSE REMEDIES DATABASE

MENTAL (MIND-THOUGHTS) & EMOTIONAL (HEART-FEELINGS)	PHYSICAL (Body)	SPIRITUAL (SPIRIT)
Essential Oil	Hydration	Connection Points
Crystal	Central Meridian Energy	Oracle / Healing Card
Flower Essence	Brain Switching Points	Clearing Spray
Sound Singing Bowl Tingshas	Nervous System Thymus Energy	
Colour Specific colour Colour therapy glasses		
Wellbeing Balancing Oil		
Affirmation		
ESR		

#### CIRCUIT RETAINING MODE PROCESS

