

## MERIDIAN RIVERS OF CHI 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. Go through **Alarm Points**, at the first I/C put in circuit.
15. **Go to** the information on that **meridian**.
16. Read through the information under “**Physical indications of imbalance**” to the participant, to see if there is any physical relevance for them (no need to test this), this section is just for information.

17. Go to the “**Attributes**” for that Meridian. Test through each attribute, with each I/C, stack in circuit. Once you have tested all attributes, discuss relevance with the participant.
18. Go to the “**Emotions**” for that Meridian. Test through each emotion, with each I/C, stack in circuit. Once you have tested all emotions, discuss relevance with the participant.
19. 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.
20. 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.
21. All information has now been obtained and stacked in circuit for that particular meridian so now a remedy/s needs to be found to clear the meridian.
22. **Scan remedies database** and when I/C, correct meridian with indicated remedy.
23. **Challenge remedy**, if I/C do more of same remedy. If no I/C, go to next step.
24. **Recheck Alarm Point of that meridian**, should lock, if unlocking, check More Mode and go to remedies again. Continue until Alarm Point holds for that particular meridian.
25. **Recheck** unlocking “**Attributes**”, “**Emotions**”, words/phrases from “**Emotional indications of imbalance**” and “**Emotional indications of balance**”. All should now be holding, if I/C find remedy to clear.
26. **Repeat steps 14-25** for all other alarm points (meridians).
27. **Recheck all alarm points**, should be clear, ie. no I/C.
28. **Recheck area of involvement (Who/What)** is clear, ie. no I/C.
29. **Recheck Age of cause or best understanding** is clear, ie. no I/C.
30. **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.
31. **Recheck Suppression is clear**, ie. no I/C.
32. **Recheck physical symptoms clear**, ie. no I/C when scanning body or stating symptom.
33. **Recheck goal / context**, should be clear, ie. no I/C on emotional stressors or goal.
34. **Recheck stress** on goal has reduced.
35. Test for **home reinforcement** – could be based on remedies used in balance, something around the goal, an affirmation, etc.
36. **Test “safe to close circuit”**, should be no I/C, if I/C use ESR until no I/C. **Close circuit.**

## MERIDIAN RIVERS OF CHI KINESIOLOGY REMEDIES DATABASE

MENTAL (MIND-THOUGHTS) & EMOTIONAL (HEART-FEELINGS)	PHYSICAL (BODY)	SPIRITUAL (SPIRIT)
Essential Oil	Meridian	Connection Points
Crystal	Trace / Walk / Stroke / Warm / Hold / Flush	Oracle / Healing Card
Flower Essence		Clearing Spray
Sound	Acupressure Point	Activities/Spiritual Practices
Tuning Forks	Nutrition	NHC - River Water
Singing Bowl	Moxibustion	NHC - Leaves
Tingshas	Tiger Warmer	Shamanic Healing Wand
Colour	Lion Warmer	
Specific colour / card	Press Pellets / Ear Seeds	
Colour therapy glasses	Press Tacks	
Chromotherapy light torch	Hydration	
Affirmation	Central Meridian Energy	
Element Balancing Spray	Brain Switching Points	
Element Balancing Oil	Nervous System	
Wellbeing Balancing Oil	Thymus Energy	
ESR	8 Extra Meridian Points	