

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 “love” or “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 “Zip-ups”** - 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. **Switching Points** - Top/Bottom Lip; K27's at collarbone; Coccyx. If I/C, rub points while holding navel.

d. **Body Polarity**

- **Place fingertips of both hands together** and test an IM. If I/C, hold mode or put mode in circuit and **rub K27 points with crossed hands**. Re-cross the other way and rub again. Repeat several times until no I/C.

e. **Ionisation**

- **Right nostril closed, breathe in the left nostril**, test IM. I/C = excessive negative ions. **Correction: Breathe out left** nostril several times.
- **Left nostril closed, breathe out the right nostril**, test IM. I/C = positive ions needed. **Correction: Breathe in right** nostril several times.
- **Left nostril closed, breathe in the right nostril**, test IM. I/C = excessive positive ions. **Correction: Breathe out right** nostril several times.
- **Right nostril closed, breathe out the left nostril**, test IM. I/C = negative ions needed. **Correction: Breathe in left** nostril several times.

f. **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**, 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
13. **Test for involvement** of:
 - **Self** – Hold CV 22 Sternal notch
 - **Other Person** - Female or Male
 - Female – Hold Left K27
 - Male – Hold Right K27
 - **Parents** (either or both?) – Hold Both K27's
 - **Everyone** – Hand across sternal notch + both K27's
 - **Circumstance / Thing / Place** – Stomach 12 (close to the raglan sleeve behind the collar bone)
 - Left – related to inside self / internal world / creativity
 - Right – related to outside side / external world / control
 - **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) using finger modes 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 mode 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	Oracle / Healing Card
Flower Essence	Switching Points	Clearing Spray
Sound Singing Bowl Tingsha's	Body Polarity	
	Ionisation	
	Thymus Energy	
Colour Specific colour Colour therapy glasses		
Wellbeing Balancing Oil		
Affirmation		
ESR		

