

## MERIDIAN RIVERS OF CHI KINESIOLOGY BALANCING PROTOCOL

1. Get **permission** to balance / Clear Accurate Indicator Muscle
2. **Pre-checks:** Hydration / Central Meridian / Switching / Body Polarity / Ionisation / 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**, 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
12. **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
    - 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

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 Mode 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	Neuro-Emotional Point	NHC - River Water
Singing Bowl	Nutrition	NHC - Leaves
Tingsha's	Moxibustion	Shamanic Healing Wand
Colour	Lion Warmer	
Specific colour / card	Tiger Warmer	
Colour therapy glasses	Hydration	
Chromotherapy light torch	Central Meridian	
Affirmation	Switching Points	
Element Balancing Spray	Body Polarity	
Element Balancing Oil	Ionisation	
Wellbeing Balancing Oil	Thymus Energy	
ESR	8 Extra Meridian Points	