

MASTERY OF THE FIVE ELEMENTS CORE ESSENCE & CHARACTER 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 (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 notchwhen 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. **Test Elements** by touching appropriate **points on the Hara**, at the first I/C put in circuit. If you have Element Testing Vial, place particular vial on navel to bring that energy of nature into the participants energy field.
15. **Go to** the particular **element page**.
16. Ask participant, **“What comes to mind when you think of _____ (element)?”**. Discuss and stack in circuit if relevant in relation to goal/context.
17. 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.
18. Go to the **“Emotions”** for that Element. 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/Spiritual indications of imbalance”** section. Test through each item, with each I/C, stack in circuit. Once you have tested all areas, discuss relevance with the participant.
20. Go to the **“Emotional/Spiritual indications of balance”** section. Test through each item, with each I/C, stack in circuit. Once you have tested all “Emotional/Spiritual indications of balance”, discuss relevance with the participant.
21. All information has now been obtained and stacked in circuit for that particular element so now a remedy/s needs to be found to clear the element.
22. **Scan remedies database** and when I/C, correct element with indicated remedy.
23. **Challenge remedy**, if I/C do more of same remedy. If no I/C, go to next step.
24. **Recheck Hara element point** of that element, should lock, if unlocking, check More Mode and go to remedies again. Continue until Hara point holds for that particular element.
25. **Recheck** unlocking **“Emotions”**, words/phrases from **“Emotional/Spiritual indications of imbalance”** and **“Emotional/Spiritual indications of balance”**. All should now be holding, if I/C find remedy to clear.
26. **Repeat steps 14-25** for all other Hara element points.
27. **Recheck** all **Hara** element points, should be clear, ie. no I/C.
28. **Recheck area of involvement** 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 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.
37. **Close circuit**.

MASTERY OF THE FIVE ELEMENTS REMEDIES DATABASE

| MENTAL (MIND~THOUGHTS) & EMOTIONAL (HEART~FEELINGS) | PHYSICAL (BODY) | SPIRITUAL (SPIRIT) |
|--|----------------------------|--------------------------------|
| Element Balancing Spray | Element Acupressure Point | Connection Points |
| Element Balancing Oil | Nutrition | Oracle / Healing Card |
| Essential Oil | Hydration | Clearing Spray |
| Wellbeing Balancing Oil | Central Meridian | Activities/Spiritual Practices |
| Crystal | Switching Points | NHC - Mud |
| Flower Essence | Body Polarity | NHC - Wood |
| Sound | Ionisation | |
| Tuning Forks | Thymus Energy | |
| Singing Bowl | | |
| Tingsha's | | |
| Colour | | |
| Specific colour / card | | |
| Colour therapy glasses | | |
| Chromotherapy light torch | | |
| Affirmation | | |
| ESR | | |