

## ©Sample Intuitive Kinesiology® Balance

*Below you will find a sample balance. This is to give you an idea of the format of a balance with Intuitive Kinesiology. The subject is I, so you can be comfortable to know that your sessions are always private and confidential.*

Balance on 1-27-2003

Subject Carol Dewitt

Issue or reason for balance: Flu/cold symptoms

**Goal (issue we are working on)☺ flu/cold- letting go of people, places, and things.**

**Peace, sleep.** *(This is how the body listed the imbalances related to feeling sick).*

Explanation: Many times the body will stack things or life experience (what is happening in your life now) with a current issue or illness. We see that example of holding on to people places or things. Our goal in balancing is always in the positive. The reason for balancing is for symptoms of flu and or virus present in the body. The way balancing works is we ask the body to show imbalances related to the issue we are working with. In other words under flu I am going to get A-B-C which is your body's language for saying 'this is why I am sick, or stuck or whatever'. These A-B-C's are called a balance segment. In a traditional hour-long balance, a person can have many balance segments. When A-B-C etc., is cleared using the tools of Intuitive Kinesiology® we say you are balanced and or your body can find a way to get well, maintain a proper immune system, your body energies are in balance. When this takes place your body will start to heal (look for a way to feel better) because the things that blocked that healing are removed.

Next is the balance segments associated with the issue (flu). We have already talked about these so further explanation will be about what we are getting in the segment.

1. **NMF-** This is a negative mind field or a field created by the body in which distorted thinking can take place. The emotion involved is anxiety related to the future. This first segment is the priority segment (the first imbalance related to the issue) and must be listed first. Sometimes we must clear this before moving to the next or we may stack segments together making a larger segment. The stacking depends on the health of the system, how resourced the person is at the time. Remember our goal is not to make this person feel worse. If we take off too much too fast, the body has too much to deal with and will not feel good afterwards. We call this process time. The gentler you are, the healthier the system becomes.

The NMF is cleared using light to release fixation.

2. **Emotional Spiral,** which is foundational- An emotional spiral is a vortex of emotions over the issue. It can be two up to a large number of emotions that spiral one after the other and make it difficult to resolve. In this case, we have a frequency emotion, (only one emotion) which is intolerance. Note that in flu/virus conditions

the body has a low tolerance level. Therefore, this emotion fits the issue. Note also the connection with life in letting go of people places and things, makes life 'intolerable' thus the emotion fits again. Since this emotional spiral is foundational, it means we must clear it on its own and not stack. This is because foundational issues make the 'foundation 'of your 'house' so to speak and are often 'big' things.

We clear with light to the forehead, for fixations.

**3. Organ Imbalance (flow) related to:**

**Thymus gland, lymph system**

Now we are getting to the nitty gritty so to speak. This is a typical imbalance when we are dealing with flu/virus. The thymus gland relates to Tcell production, and the immune system function. The lymph system is how impurities are expelled from the system; this is your garbage disposal system. When the lymph is clogged, you have a disruption of fluid flow in the body thus making mucous or sinus related symptoms. We clear this by brushing the organ at specific places (Organ Brushing). We brush the thymus 20x and the lymph 10x.

**4. System Check-** This often comes up in a balance when we are working with flu/cold or virus/bacterial infection. When we do a system check, we look for specific areas physically where the body needs to come into balance. Hers what came up:

**a. Lung- sinus, hair**

**b. Bladder- hydration**

**c. Gall Bladder- emulsifying fats**

**d. Pineal Gland- spiritual inflow**

Explanation: The first thing we get by testing is regarding an organ and the next is the relationship imbalance to the organ. Therefore, we have lung, sinus, and hair. These are the associated points or connections to the lung. Sinus is self-explanatory (sinus congestion present with cold/flu) but why hair. In a Kinesiology 5 element, system we often associate body parts that we do not think would have an association. Hair is part of the lung association in the 5-element Chinese medicine system. Our protein DNA is carried in the hair as well as it shows or hydration (if we have it or do not). Note that hydration and fluid movement has a lot to do with a flu or cold situation. Often people say that their hair hurts when they have flu, or their skin crawls (there is hair on your skin too). Interesting?

With the bladder imbalance, we also have hydration, so we see this two times. Not uncommon with this type of balancing.

The gall bladder is also off, in that the individual cannot process fats (a digestion issue) often present in flu and colds. We may have nausea or may not, but we are not digesting well when we have flu.

Pineal gland is next, this shows often with this type of balancing as the glands are often involved. Why the spiritual inflow? What is this? In Chinese medicine all parts of the body are connected. Your physical as well as spiritual, emotional and mental being play a part in wellness as well as sickness. In everything we do, there is a natural flow. There is a flow in our spiritual body as well. When I am sick my spirit may be low, I may feel depressed and then this can come up for balancing.

We clear this segment with wood to the forehead. Wood indicates a need to be neutral, or an excess of energy.

**5. Letting go of things** is next: Hers how it looks-

**Boundary EB (emotional body) of 10% (should be 100% if balanced)**

**Age of Function @ 3months IU (in utero) (should be 100%present)**

We clear with light at the top of the head (pineal). This takes us to a 70% clear.

Remember we want to get to 100%. Therefore, here is the remaining 30%:

**I cleanse my emotions and allow them to flow.** (This is a statement related to flow again and emotions) Clear with light at the top of head. Pineal connection.

Clears to 80%. There is a 20% imbalance left. Here it is:

**Kinesthetic Sensation.** This has to do with movement vs. standing still or being 'frozen in time'. Remember that we are dealing with a flu type situation in which things get 'stuck' frozen' do not move, hence the sinus pain, mucous issues, and pressure.

We clear with Light at the top of head, again pineal involvement. This brings us to a 100% clear with regards to 'letting things go'. Thus, movement resumes allowing the system to cleanse excess mucous and the head and sinus area feels better.

What is a boundary? In addition, what is an age of function? Why would this come up for someone with the flu. Note that not every individual who has the flu will have the same imbalance. This is what makes Intuitive Kinesiology so specialized. There will be similarities but what we found here has to do with the individual we are working with. Your life issues and situations make the difference if you are sick or well. We have all heard the saying, 'This is making me sick!' Interesting? Therefore, a boundary is how well you deal with a subject. In this case, it is problems dealing with emotions. When I am boundaried, I have no charge about anything and I am calm. When I am not I am an emotional basket case. How emotional are you when you get the flu? No one likes to be sick. How about an age of function? This is a purely kinesiological term. It refers to the ability of the body to be here and somewhere else at the same time in regards to function. Therefore, in the physical, I am here, but in the memory (mental, emotional and processing centers of the body), I am somewhere else. In this case 3 months in utero. What does that have to do with anything? We often get in-utero ages when we balance. This correction comes from specialized kinesiology and is used to help a persons functioning become more present. When I am present, I can be here, get well, and go on with my life. I am not stuck in the past. We often get 3 months in utero periods because of its transitional time.

#### **6. Peace/Sleep-**

**CNS- central nervous system- OE** (over energy). This imbalance shows the central nervous system involvement in the healing process and shows it in over energy or too much energy in the CNS.

**Age of Function-** this time 7mo in utero. Another time where the individual functions in a past time. Remember we want present time functioning.

**Side issue: statement People believe me.** Muscle test indicates that the person is not on for people believing her and due to the age of function issues and early childhood issues, she did not feel believed as a child. This may also have to do with feeling validated and listened to.

Clear with wood at the forehead for over energy.

**Sabotage issue: Power issues- age of function- 3-6 years old** (again early childhood). **Statement: I do not have to be uncertain. I can be sure about what I need.**

Explanation: Sabotage is foundational and has to do with moving forward. If I want to do something and am, having difficulty there may be sabotage in memory or mentally that keeps me from achieving it. When the sabotage is clear it is easier to move forward in life.

We clear with light on the forehead.

*This is the end of the balance for flu/cold. It may seem like much to do, but this was tested and cleared in about 45 minutes. The result is healing sooner from the flu. The person may feel much better the next day, or may need additional work to clear it further. Alternatively, the person may feel slightly better and then as the day's progress feel steadily better.*

*As a rule, balancing for these reasons help the body heal faster. Flu and colds they typically last 3 weeks may only last one week or less.*

**Summary:** This is a sample balance and is similar but not exactly, what one will experience when working with Intuitive Kinesiology®. The purpose of this is to show interested individuals how the procedure works. You will not know exactly how it works unless you experience it for yourself. If reading all this is confusing take it with a grain of salt and put it aside. Your own intuition will tell you if this were something, you would benefit from. Listen to your body as it knows all about you. Your body has insights that can help you heal. We hope Intuitive Kinesiology® can help you as well.