

HK 3 Menu

First Session **(i)** discuss Case History **(ii)** Move onto Record of Visits Form **(iii)** do MEB **(iv)** Energy Permission **(v)** Now say, "To initiate a healing process for your concerns, help you to achieve your goals and to bring your Energy System into harmony and balance how are we working today, in an issue?" **If ↑**, "HK tested?" **If ↑**, go to the Appendix to HK 3 Manual p1, to define your issue name. **If ↓**, it's a Client Specified Issue so the identify and issue name as per HK 2. Get out the Issue Analysis form and analyze the issue through the facets asking each time, "For this issue 'name it' are there Factors to be addressed under the 'name it' facet?" Now work your MENU!

If ↓, to an issue you are working in Body Sequence as per HK 1. Get out the WIBS form. Now work your MENU! On subsequent visits you ask, "To continue the healing process" If you are in the middle of an issue when the client comes back ask, "Are we proceeding as planned?"

ENERGY CORRECTION FACTORS		
ENERGY CONTROL SYSTEM Membrane Configuration Electro-Magnetic Field Spin Scar Electric Current	BBEI Belief System Elimination Pain Phantom Sensation	TISSUE ENERGY BALANCE PSYCHO-PHYSIOLOGICAL SYMBIOTIC ENERGY TRANSFORMATION Allergy / Detox Tolerance Tapping (Synergy /Tolerance)
PSYCHOLOGICAL Gerund Common Gerund /Different Topic Different Gerund/Common Topic Different Gerund/Different Topic with an underlying theme Being / Not Being I feel / I am Sentences Statements Questions	PSR – Concern ESR	ESSENCE CORRECTION ENERGY FLOW BALANCE Cognitive Sensory Integration: Thinking Modes

BIO-ENERGETIC TONING FACTORS		
Meridian Tracing	◆	Essential Oils – Aura sweep or Sniff
ADJUNCTIVE FACTORS		
Activities		Tools
Work Rest Sleep Play	Nutrition Degauss Wear magnets	Magnets Essential Oils Vibrational Essences
ENVIRONMENTAL FACTORS		
Geopathic Stress (Earth Energy and EMF)		Toxicity

Finishing the session:

- **Ask**, "Is there anything we need to know about the next session?"
- **Ask**, "Is there anything we need to do before we stop to aid Stabilization / Harmonization / Integration / Progress or Process through smoothly of the work we have done today?" (SHIPP)
- **Ask**, "Is there anything else we need to do or test for you before we finish today?"
- **Ask**, "**ENERGY PERMISSION TO STOP?**" ↑

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**** These lists can also be found in the new separate Lists Working Manual page numbers below

Lists

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HK ENERGY FLOWS

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Ψ GERUND: Common Gerund / Different Topic notated as Ψ G: CG

Each item in the group will have the same gerund. The majority of common gerund groups tend to be gerund followed by a single word as the concept you can have wordy items where the whole group tends to follow a particular structure.

Steps	What to ask and say	What to do
1. Identify the gerund first	Ask, "Is it one of the common commons?" If ↑, test through the common-commons. (Good idea to learn these off so you can test through them quickly from memory) If ↓ to a common-common, work the Gerunds list by dividing it up into sections	Go to WM Lists p 10/11 for Gerunds List Record the gerund
2. Find the number of items	Ask, "For this group of Ψ Gerunds for the Common Gerund ' name it ' there is at least one item?" ↑ "At least two items?" ↑ etc	Put your dashes in the item column
3. Find the points to retune the Energy	(i) Ask, "For this group of Ψ Gerunds for the Common Gerund ' name it ' are we holding NLs? / NVs? / EPs? / Sed? / Act?" As soon as you find one Reflex Energy circuit ask, "Any other Reflexes?" ↓ / ↑ (ii) Ask, "Are we holding in just one Element?" If ↑ ask , "Element Zero, 1 or 2?" and continue through the Elements to find which one. If ↓ to just one Element ask, "Element Zero, 1 or 2?" identify and keep asking till you have at least 2 Elements then ask , "Any other Element?"	Record in the Reflex and Element/s Look the points up and decide how to hold them
4. Identify the items one at a time	Ask, "Clue from previous work today?" ↑ / ↓ Ask, "Clue from Jimmy's Concept List?" ↑ / ↓ "Clue from one of Ann's Lists?" ↑ / ↓ Otherwise the clue maybe in one of your own Reference Books check which one then just work the lists. ** Some of the lists are reformatted Dr. Scott's Lists but each is acknowledged as such	Test back through Test through Lists WM 11-18 Test through Lists WM p 18 → Sometimes you could be looking for an antonym of the clue rather than a synonym
5. Check the stress	Share the item with the client TL at navel ↓	Place your hand over either your navel or the client's navel and TL
6. Do items	Hold the points	Yawn, sign, pulse
7. Check the item is done	Say, "Keep thinking (repeat the item for the client)" then reTL to check the item is done and ask , "Is this item now robust?"	Place your hand over either your navel or the client's navel and TL
8. Repeat steps 4-7		
9. Final Check	Ask, "Is this group of Ψ Gerunds for the Common Gerund ' name it ' now robust and complete?" ↑	Palm off the navel for the verbal question

Ψ GERUND: Different Gerund/ **Common Topic** notated as **Ψ G: CT**

For this psychological gerund structure **the topic is the same for every item in the group** and it is the easiest group of the psychological structures to find.

Steps	What to ask and say	What to do
1. Identify the topic first	<p>Ask, "Clue from previous work today?" ↑ / ↓</p> <p>Ask, "Clue from Jimmy's Concept List?" WM Lists p 11-18 "Clue from one of Ann's Lists?" ↑ / ↓ WM Lists p 18 →</p> <p>Otherwise the clue maybe in one of your own Reference Books check which one then just work the lists.</p> <p>Remember sometimes you could be looking for an antonym of the clue rather than a synonym</p>	<p>Test through checking the issue name, the concern/s or the items previously done today. Otherwise work the lists</p> <p>Record the topic into the item column leaving room for a gerund in front</p>
2. Find the number of items	<p>Ask, "For this group of Ψ Gerunds for the Common Topic, 'name it' there is at least one item?" ↑ "At least two items?" ↑ etc</p>	<p>Put your dashes in the item column</p>
3. Find the points to retune the Energy	<p>(i) Ask, "For this group of Ψ Gerunds for the Common Topic 'name it' are we holding NLs? / NVs? / EPs? / Sed? / Act?" As soon as you find one Reflex Energy circuit ask, "Any other Reflexes?" ↑ / ↓</p> <p>(ii) Ask, "Are we holding in just one Element?" If ↑ ask, "Element Zero, 1 or 2?" and continue through the Elements to find which one.</p> <p>If ↓ to just one Element ask, "Element Zero, 1 or 2?" identify and keep asking till you have at least 2 Elements then ask, "Any other Element?" ↑ / ↓</p>	<p>Record in the Reflex and Element/s</p> <p>Look the points up and decide how to hold them</p>
4. Identify the gerunds	<p>Just work the gerunds list</p> <p>Sometimes it is easier to find all the items in the group but this depends on the client's stress levels</p>	<p>Gerunds – Lists WM p 10-11</p>
5. Check the pattern of stress	Share the item with the client TL at navel	Place your hand over either your navel or the client's navel and TL
6. Do the correction	Hold the points	Yawn, sign, pulse
7. Check the item is done	<p>Say, "Keep thinking (repeat the item for the client)" then Re-TL to check the item is done and ask, "Is this item now robust? ↑</p>	Place your hand over either your navel or the client's navel and TL
8. Repeat steps 4-7		
9. Final Check	<p>Ask, "Is this group of Ψ Gerunds for the Common Topic 'name it' now robust and complete?" ↑</p>	Palm off the navel for the verbal question

Ψ GERUND: Different Gerund / Different Topic notated as **Ψ G: Theme**

For this psychological gerund structure, **there is an underlying theme** to which all the items relate.

Steps	What to ask/say	What to do
1. Identify the theme first	<p>Ask, "Clue from previous work today?" ↑ / ↓</p> <p>Ask, "Clue from one of Ann's Lists?" ↑ / ↓ WM Lists p 18 → Otherwise go to Jimmy's Concept List WM Lists p 11-18</p> <p>Remember sometimes you could be looking for an antonym of the clue rather than a synonym</p>	<p>Test through checking the issue name, the concern/s or the items previously done today</p> <p>Otherwise work the lists</p> <p>Record the theme into the item column</p>
2. Find the number of items	<p>Ask, "For this group of Ψ Gerunds for the underlying theme of 'name it' there is at least one item?" ↑ "At least two items?" ↑ etc</p>	Put your dashes in the item column
3. Find the points to retune the Energy	<p>(i) Ask, "For this group of Ψ Gerunds for the underlying theme of 'name it' are we holding NLs? / NVs? / EPs? / Sed? / Act?" As soon as you find one Reflex Energy circuit ask, "Any other Reflexes?" ↑ / ↓</p> <p>(ii) Ask, "Are we holding in just one Element?" If ↑ ask, "Element Zero, 1 or 2?" and continue through the Elements to find which one.</p> <p>If ↓ to just one Element ask, "Element Zero, 1 or 2?" identify and keep asking till you have at least 2 Elements then ask, "Any other Element?" ↑ / ↓</p>	<p>Record in the Reflex and Element/s</p> <p>Look the points up and decide how to hold them</p>
4. First identify the gerunds for each item	Just work the gerunds list and find each of the gerunds	<p>Go to WM Lists p 10/11 for Gerunds List</p> <p>Record them against the dashes</p>
5. Identify the items by verbal testing	<p>Ask, "For this item are we looking for a single word, a phrase, or a fear?"</p> <p>Share the gerund with the client and ask them to complete the item if possible, before going to any lists.</p> <p>Find the topics one at a time and do immediately</p>	<p>Single word? Check lists – Ann's WM Lists p 18 → – Jimmy's WM Lists p 11-18</p> <p>A Phrase? – adverbial? WM List p 18 prepositional? WM List p 24 conjunctive? WM List p 23 – A fear? - BBEI List WM List p 1</p>
6. Check the pattern of stress	Share the item with the client TL at navel	Place your hand over either your navel or the client's navel and TL
7. Do the correction	Hold the points	Yawn, sign, pulse
8. Check the item is done	<p>Say, "Keep thinking (repeating the item for the client)" then Re-TL to check the item is done and ask, "Is this item now robust?" ↑</p>	Place your hand over either your navel or the client's navel and TL
9. Repeat steps 5-8		
10. Final Check	Ask , "Is this group of Ψ Gerunds for the underlying theme of 'name it' now robust and complete?" ↑	Palm off the navel for the verbal question

PSYCHOLOGICAL BEING/NOT BEING notated as **Ψ B/NB**

Giving people a choice to change

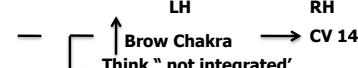
In the multiple groups, we are looking for a psychological opposite/s of the key topic for each individual client. So find the key topic and then ask the client "If you were not being imagine how would you be?" or "If you were not being what space are you in?". The Being/ Not Being psychological structure indicates a 'stuck' situation - whichever way we move we become stressed - so we yo-yo back and forth without achieving a point of balance. These groups of **Ψ B/NB** can help people move forward dramatically, leaving stressful situations behind them and finding it easier to change and adapt. **Standard Groups** of **Ψ B/NB** come as groups of **(i)** 2 items – one key topic, **(ii)** of 4 items – 2 topics where the second topic is a **Ψ** opposite of the key topic and **(iii)** 6 items - 3 topics where the 2nd topic and 3rd topics are **Ψ** opposites of the key topic. While **Non-Standard** come as groups of 3 items with just the one key topic or 6 items with 2 topics where the second topic is a **Ψ** opposite of the key topic.

Steps	What to ask and say	What to do
1. Identify the key topic	<p>Ask, "For this group of Ψ B / NB - will we get a clue for the key topic from previous work today?"</p> <ul style="list-style-type: none"> - from one of Ann's lists?" - from Dr Scott's Concept List?" <p>** Some of the lists are reformatted. All Dr. Scott's Lists are acknowledged as such</p>	<p>If ↑, test through today's work</p> <p>If ↑, test Lists WM p 18 →</p> <p>If ↑, test Lists WM p 11-18</p>
2. Find the No. of items in the group	<p>Ask, "For this group of Ψ B / NB for the key topic 'name it' there is at least one item?" ↑ "at least two items?" ↑ etc</p> <p>If you have a group of 6 items then you must ask if it is a standard or non-standard group of Ψ B / NB</p> <p>(If non- standard groups the 3rd item will be a BN.)</p>	Put your dashes and write a B on the first line with the topic and a NB on the second line
3. Find the Points to retune the Energy	<p>(i) Ask, (i) "For this group of Ψ B / NB with the key topic 'name it' we are holding NL / NV / EP / Sed / Act?" (ii) Any other Reflex ↑ / ↓</p> <p>(ii) Then ask, "For this group of Ψ B/NB are we holding in just one Element?" If ↑ ask, "Element Zero, 1 or 2?" and continue through the Elements to find which one. Or if ↓ to just one Element ask, "Element Zero, 1 or 2?" identify and keep asking till you have at least 2 Elements then ask, "Any other Element?" ↑ / ↓</p>	<p>Record the Reflex/es</p> <p>Record the Element or Elements</p> <p>Ψ B/NB are regular HK ECFs so we hold the same points for each item in the group.</p>
3. Identify the other topics	<p>If you have a group of more than 2 or 3 items, you need to find a psychological opposite of the Key Topic so ask the client, "If you were not being imagine how would you be?" or "If you were not being what space are you in?" As this is the client's stuff you need to get the second topic for a group of 4 items and the second and third topics for a group of 6 items directly from the client.</p>	<p>Otherwise work your lists</p> <p>If a non-standard group</p> <ul style="list-style-type: none"> - Being is active - Not being is passive and - Being not is actively being not the item
4. TL the items	TL the items in the group to check you have the stress set up correctly	Each one will TL ↓
5. Hold the Points	Hold the Reflex and Element/s from Step 3 for the first item	Yawn, sign, pulse
6. Check the item is done	Say, "Keep thinking (repeat the item for the client)" then reTL to check the item is done and ask, "Is this item now robust? ↑	Place your hand over either your navel or the client's navel and TL
7. Repeat 5 and 6		
8. Check group is complete	Ask, "Is this group of Ψ Being / Not Being now robust and complete?" ↑	Hand off the navel for the verbal question

PSYCHO-PHYSIOLOGICAL (Notate as Ψp)

The **PSYCHO-PHYSIOLOGICAL** is an Energy Correction Category in its own right. These corrections work on two levels both the psychological and the physical. The Ψp correction always has an even number of items, with the second item a reverse of the first. **Each item has 2 aspects and the item will not TL ↓ until both aspects are in place -**

(i) Self-Touch – a physical self-touch as in Tissue Energy Balance and (ii) a Thought – usually only one word

Steps	What to ask/say	What to do
1. Check for IM	Because the client's hands will both be busy you need an alternative IM to be able to TL so ask client to bend their leg nearest you at right angles.	Check quads are working.
2. Identify how many items.	Ask , "For this group of Psycho-Phys there is at least one item?" ↑ "At least two?" ↑ "At least three?" ↓ (Standard Psycho-Physiological groups always have even numbers and the second item is a reverse of the first in some way)	On the top line write LH and RH. Record the number of dashes below
3. Find the Reflexes verbally	Ask , "For this group of Psycho-Phys are we holding EPs? / NLs? / NVs? / Sed? / Act?" ↓ / ↑ Then ask , "Any other Reflexes?" ↓ / ↑	Record the Reflex/es
4. Find the Elements verbally	"For this group of Psycho-Phys are we holding in just one Element?" If ↑ ask , "Element Zero, 1 or 2?" and continue through the Elements to find which one. If ↓ to just one Element ask , "Element Zero, 1 or 2?" identify and keep asking till you have at least 2 Elements then ask, "Any other Element?" Confirm , "So we're holding repeat what you have just tested?" ↑	Record the Element/s. The Ψp is a regular HK Energy Correction Factor so we hold the same Reflex and Element/s for each item in the group. Look up the points
5. Find the placement of the hands	(i) Test where the client's hands are to go first. For example: Ask , <ul style="list-style-type: none">• "Is the left hand going to the seat of the pain / injury?" If ↑ ask , "Would you place hand over the area please?" Then ask , "Is everything about this hand its position and its orientation exactly correct?" ↑ <ul style="list-style-type: none">• If ↓ to the hand going to the seat of the pain/injury ask, "Is the left hand going on the front plane of the body?" etc Scan the body to find placement of hand. Once client has placed their first hand in a specific place ask, "Is everything about this hand - its position and its orientation exactly correct?" Now ask, "Is the right hand with the left?" ↓ / ↑<ul style="list-style-type: none">• If ↑ ask, "On top of it?" ↑ / ↓ "Underneath it?" ↑ / ↓ "Below it?" ↑ / ↓ "Above it?" – would be ↑• If ↓ to the right hand going with the left, ask which plane and trace as above. Ask, "Is everything about this hand - its position and its orientation exactly correct?" ↑ (ii) Find the thought (Usually a single word). Ask, "Clue from previous work today?" ↑ / ↓ Otherwise work your lists	Ask about the hand furthest away from you first. Other options are the back plane, side plane, and top of head or soles of feet. Ask for indicator change and trace with finger looking for where the midpoint of the palm will be placed. If you need to turn the client over check the hamstrings are working. Monitor IM
7. Check the pattern of stress	TL at navel ↓ With Client's hands in place just repeat what they are to think	Place your hand over either your navel or the client's navel and TL using the client's quads or hamstrings
8. Do the correction	Hold points	Yawn, sigh, pulse
9. Check that item is done	TL at navel ↑ Ask , "Is this item robust?" ↑	Place your hand over either your navel or the client's navel and TL using the client's quads
10. Check pattern for second item	Ask , "Would you change your hands over and think 'NOT?'" —  TL at navel ↓	Reverse the hands and the client thinks "NOT the thought"
11. Do item	Hold points	Yawn, sigh, pulse
12. Final check	Ask , "Is this group of Psycho-Phys now robust and complete?" ↑	Palm off the navel

ECS: SCAR

An ECS: Scar correction is done for **one specific scar whether it be external or internal**. The purpose is to free up the Energy Flow of the Meridians through the scar area. The scar or area around the scar could be numb, feel different or it could be hot, red, weeping or hurt under certain circumstances (you might need to create those circumstances while you do the correction). To highlight stress the client must use a part of his or her own hand or hands usually fingers. There can be any number of items in the group. The client needs to touch the scar in a specific place by specific part of a hand in a specific way i.e. left index finger tip pressed firmly to end of the exposed scar. The personal physical touch sends physiological signals through the nervous system to alert the both the physical body and the energy system that healing is needed in this area. Over time you may do several scar corrections for the same scar.

Steps	What to ask or say	What to do
1. Identify the scar	From the case notes you may already know which scar is causing discomfort otherwise ask , "Could you share what scars you have on your body?" Then test through to find the one you will be working with today. (Could be internal scar tissue)	Client will need to touch the bare skin. Draw the shape of the scar in your notes then you can number the items along the scar.
2. Identify how many items in the group	Ask , "For this group of Energy Control System: Scar there is at least 1 item?" ↑ "At least 2?" ↑ "At least 3?" etc. Finally confirm the number by saying, "So, there are?"	You test through the "At least.....?" until you get a negative response
3. Points	<p>(i) Ask, "For this ECS: Scar are we holding NLs? / NVs? / EPs? / Sed? / Act?" ↓ / ↑ As soon as you find one reflex circuit ask, "Any other reflexes?" ↓ / ↑</p> <p>(ii) Ask, "Are we holding in just one Element?" If ↑ ask, "Element Zero, 1 or 2?" and continue through the Elements to find which one. If ↓ to just one Element ask, "Element Zero, 1 or 2?" identify and keep asking till you have at least 2 Elements then ask, "Any other Element?"</p>	Record in Reflex column Record in Element Column Look up the points and decide how you will hold them.
4. Identify the stress	<p>(i) Ask, "For the first item are you using all or part of your right hand?" ↓ / ↑ "Whole hand?" ↓ / ↑ "Specific finger?" ↓ / ↑ "Index finger?" ↓ "Middle finger?" ↑ "Tip?" ↓ "Pad?" ↑ "More than one finger?" If ↑ identify which ones and what part</p> <p>(ii) Say, "I will now trace lightly along the scar looking for an indicator change your arm will stay locked until I reach the correct place"</p> <p>(iii) Ask, "Are we using light pressure?" ↓ / ↑ "Medium pressure?" ↓ / ↑ or "Heavy pressure" ↓ / ↑</p> <p>(iv) Ask, "Is there anything else we need to know about this?" If ↓ then ask, "Is everything now, exactly right?" If ↑ to (iv) the possibilities are -</p> <p>(i) "Do we need to adjust the Pressure - More / less intense?"</p> <p>(ii) "Need two fingers to stretch the scar across the fascial plane and touch?"</p> <p>(iii) "Move across the scar in one specific direction / back and forth?"</p>	Draw the shape of the scar on the client's notes Now identify exactly where the scar is to be touched. Mark the drawing – notating which item number you are doing. Have client touch the scar as tested Repeat these questions for each item in the group.
5. TL	Place your palm over your navel and TL ↓	
6. Hold the points	Client continues to touch the scar as tested above	You may need to do the Yang/Yin down one side of the body then the other.
7. ReTL	With palm over your navel and client continuing to touch the scar TL ↑	
8. Robust?	Ask , "Is this item robust?" Looking for a ↑	
9. Next item		Repeat steps 4 to 8
10. Complete?	Ask , "Is this group of Energy Control System: Scar now robust and complete?"	

ECS: PHANTOM SENSATION

ECS: PHANTOM SENSATION is done for the discomfort and pain **for missing body parts including parts surgically removed**. In spite of the organ, limb or gland no longer being there physically, the client is still experiencing the same pain or worrying sensations as they did when physically complete. **All the items in the group will address the same missing body part**. To set up each item the stress is highlighted by the client placing either their whole hand or hands, or some part of their hand, over/on the area of the missing body part. Set up just like the ECS: Scar correction.

ECS: PAIN

Pain is always there for a reason, so what's going on behind pain? **Ask to reduce to an acceptable level but leave a little so they still have their warning system.** They will then get it sorted and dealt with. If a client is in a lot of pain, then a good deal of the body energy is expended just to contain the pain so that the client is able to function, albeit at a very reduced level. A pain correction where the pain is reduced to an acceptable level frees up energy for healing. This correction may be done, with energy permission, out of priority at a client's request to bring them relief.

If pain is present you just hold points, but if it needs to be stimulated to be felt, you must stimulate it. Use a heat, cold, stretching, placing the body or limbs in a certain position all will stimulate the pain needed for the correction.

Steps	What to ask/say	What to do
1. Energy permission?	If this ECS: Pain is not the next thing to do you must ask , "Do we have energy permission to set up and do an ECS: Pain correction right now? If ↑ you can go ahead	Always only one item – the pain is the stressor.
2. Points	<p>(i) Ask, "For this ECS: Pain are we holding all the End Points?"</p> <p>(ii) If ↓ to EPs ask, "Are we holding NL / NV / Sed / SP / Combos?"</p> <p>(iii) Ask, "Are we holding all the Elements?" If ↑ Otherwise ask, "Are we holding in just one Element?" If ↑ ask, "Element Zero, 1 or 2?" and continue through the Elements to find which one. If ↓ to just one Element ask, "Element Zero, 1 or 2?" identify and keep asking till you have at least 2 Elements then ask, "Any other Element?"</p>	<p>You will hold in the HK sequence – record.</p> <p>Record in Reflex column</p> <p>Record in Element Column</p> <p>Look up the points and decide how you will hold them.</p> <p>Rarely hold Activation for ECS: Pain</p>
3. Stress	If the pain is present just go ahead and hold the points as tested in No.2. Otherwise ask , "Are we stimulating the pain with heat/cold/stretching the area/moving the body or a particular limb?"	Identify and record
4. TL	With pain in place or highlighted place your palm over your navel and TL ↓	If client is in pain just go ahead with the points
5. Hold the Points	If you have a number of points to hold remember to ask the two questions below after each Element	
6. Done?	Ask , "Have we held these points for long enough?" "Any further benefit in holding them any longer?"	You will not take the pain away altogether.
7. Anything else?	Ask , "Is there anything else we need to know about this pain?" Client may need to see somebody else.	Like a Body Worker doing Bowen or massage, a Doctor or a Dentist so test this out now.
For someone suffering from a chronic or terminal illness you may, over a period of time, do a number of ECS: Pain corrections to help them manage their pain.		

ENERGY FLOW BALANCE: COGNITIVE – SENSORY ENERGY INTEGRATION

EFB: C-SEI - THINKING PROCESSES / THINKING MODES

When doing these Thinking Modes, it is important that the task to activate the required thinking skill is not a psychologically stressful. Since thinking is a silent process only the TL ↓ confirms that they are activating a stressful ability.

- Find how many thinking modes, usually only 1.
- Find which thinking Mode - Creative, Systematic, Evaluative, Logical, Rational, Subliminal.
- Find Reflexes and Elements.
- Give them a task to do that is not psychologically stressful TL ↓
- Hold points. When you think it is done ask, "Any further benefit in holding the points for longer? TL ↓
- "Is this EFB: C-SEI Thinking Process / Thinking Mode robust and complete?"

CREATIVE THINKING:

Key words are imagination or fantasy, magic happens and unusual twists are welcome here. **The task is to create a story.**

RATIONAL THINKING - What are the reasons for or rationale behind doing things in a certain way?

Start with end results and give reasons why we did it like that.

SUBLIMINAL THINKING – (Subliminal means below or outside of conscious awareness)

Stressed if they just know things. Identify what it is and set up stress.

SYSTEMATIC THINKING - A system is a pattern of organization where consistency is the key.

The task is to arrange 'whatever' in a system to suit them.

EVALUATIVE THINKING

Key words are values and conclusions - here we work from known data to eventually reach a conclusion.

The task is come to a conclusion after considering all the options.

LOGICAL THINKING - CAUSE AND EFFECT - This is thinking where certain steps must follow others or must precede others in a precise sequence. Often described as the essence of the left-brain hemisphere and is grounded in time and space.

The task is to set up a sequence of events where each step must be in the correct order to reach the intended conclusion. So, what is the end goal and what would be the consequences of it.

PROBLEM THINKING - This can involve a combination of any or all thinking modes.