

HK Working Manual

(i) MEB (ii) EP? (iii) "To initiate a healing process for your concerns, help you to achieve your goals and 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 my HK Manuals, to define your Issue name. If ↓, "MPPQ Matrix" If ↑, get out the correct form and then working in Body Sequence. If ↓, it's a CSI - so name the focus. 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 FULL MENU! If ↓, to an Issue you are working in Body Sequence as per HK 1. Get out the WBS form. Now work your full MENU! On subsequent visits: (i) record on the Record of Visits any changes (ii) do the MEB (iii) EP? (iv) Then you ask, "To continue the healing process and help you achieve your goals bring your Energy System into harmony and balance how are we working today, in an Issue?" etc

If you are in the middle of an Issue for whatever reason, when the client comes back once you have done nos. (i) to (iii) above ask, "Are we proceeding as planned?" If ↓, check what needs to be done first before continuing with the original Issue - it is usually only one or two Factors to be cleared before you can proceed with completing the original Issue.

ENERGY CORRECTION FACTORS			
ENERGY CONTROL SYSTEM	PSYCHOLOGICAL		ENERGY FLOW BALANCE
Membrane Configuration Behaving Experiencing Feeling Knowing	Gerund Common Gerund Common Topic Underlying Theme Experiential	Imperatives! Straight Demands! Demand me! Be! Give me! Don't verb!	Chakras Type 1 (number of items each with a magnet and a thought) Multiple (one item targeting several Chakras and a thought)
Belief System Elimination	Being / Not Being		Sensory Energy Function
BBEI	Linked Opposites	(Linked Words)	External
Alignment One item with 4 aspects Body Position or a Do Magnets Self-Touch Thought	Fears Fear of (not) Fear of being (not) Fear of gerund (not) Fear that (I) Fear for		Vison Audition Olfaction Gustation Cutaneous Vibration External Magnetic
Electro-Magnetic Field	I feel / I am	Body Parts	Internal
Spin	Sentences - Statements - Questions?	Named People (Places)	Kinesthesia Internal Sensory Feedback
Electric Current	People Me	Personal Stress Release - Concern	Cognitive - Sensory Energy Integration (C-SEI)
Scar	NV 'I' items	Concept / Experience	Foreground/ Background
Other			Thinking Processes
Pain	Phobia	ESR	Modes
Phantom Sensations			Remembering
Chakra Cell Spin			Understanding
TISSUE ENERGY BALANCE	LIFE TRANSFORMERS		Learning
PSYCHO-PHYSIOLOGICAL	POINTS / OPERATION MATRIX (P/OM)		Body Position Memory
SYMBIOTIC ENERGY TRANSFORMATION			
Allergy / Detox ♦	Tolerance ♦	Tapping (Allergy EP 2, 4) and (Tolerance (NL) 2,4)	
ENERGY REDIRECTION FACTORS - Focused Energy Redirection (ERF: FER)			
ENERGY TONING FACTORS			
Affirmations	Energy Toning Movements	Essential Oils (Aura Sweep, Sniff)	
Reactivation	Meridian Tracing	Cross Crawl	
Sound (Bells, Tuning Forks, Drumming, Specific Music)	Colour (Look through/at, Aura Sweep or Wear for a period of time)	Life Transformers Visualization	
ADJUNCTIVE FACTORS			
Activities		Tools*	
Rest	Play	Magnets	Colour
Sleep	Work	Vibrational Essences	Sound
Exercise	Nutrition	Essential Oils	Symbols
Life Balance	Degauss	Life Transformers	None of these –INFORMATION
*Any of these tools can be used in Energy Correction Factors, Energy Toning Factors and /or as an Adjunctive Factor			
ENVIRONMENTAL FACTORS			
Toxicity ♦		Disturbed Earth Energy and EMF	
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 the smooth Processing of the work we have done today? (SHIPPI)"			
• Ask , "Is there anything else we need to do or test for you before you leave this couch?"			
• Ask . "ENERGY PERMISSION TO STOP?"			

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Based on Dr. Scott's HK 1-5 Manuals, I have chosen to simplify the setting up of the Energy Correction Factors from his Manual to help you the HK practitioner, in training, to go away and work the full HK 5 menu to make lasting positive changes for your clients. It has been work in progress since the first HK class I taught in February 1994.



I have been a professional HK practitioner since early 1990 having trained initially with Jane Thurnell-Read and then Dr. Scott. I have taught over 400 HK classes and have had the privilege of sharing my passion for HK with students in the UK, in Germany, in Australia and New Zealand. This Working manual is based on Dr. Scott's HK Manuals, the originator of the Health Kinesiology System. If you work the Menu as taught by your tutor you will be amazed at the positive long lasting changes you will set in motion for your client's healing process.

PSYCHOLOGICAL IMPERATIVES

These psychological corrections have the energy of a young child stomping its feet and demanding attention - they also have a pleading quality to them - a plea to ourselves! This plea is often the most important. The groups often come from the same substructure. Imperatives are demands (verbs) so you'll get a clue from the gerunds list for the verb.

Common structures are – **(i) Straight demands! (ii) Demand me! (iii) Give me.....! (iv) Be.....! (v) Don't.....!**
or (vi) a combination of the various structures.

Steps	What to ask and say	What to do
1. Identify how many items.	Ask , "Are all the items from the same substructure?" If ↑ test through the list above to identify which substructure. Then Ask , "For this group of Ψ Imperatives (name the substructure) there is at least one item?" ↑ "At least two?" ↑ "At least three?" ↑ "At least four?" ↑ etc	Monitor IM Put in the dashes in the Item/Other Factor column
2. Find the Reflexes Verbally	Ask , "For this group of Ψ Imperatives, are we holding NLS? / NVs? / EPs? / Sed? / Act?" When you get ↑ to a Reflex record it and ask "Any other Reflexes?"	Monitor IM Record what you find
3. Find the Elements verbally	Ask , "For this group of Ψ Imperatives 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 by saying , "So we're holdingrepeat the Reflex and Element	Monitor IM Record what you find
4. POINTS	Look up points and decide with the client how you will hold them (you can hold them on yourself as well as the client)	
5. Identify ALL the items by verbal testing	Ask , "Clue from previous work today?" ↑/ ↓ Otherwise ask , "Is the clue from one of the HK Lists? If ↑, "Ann's Lists?" ↑/ ↓ "Jimmy's Concept List?" Otherwise test through what other lists with which you would normally work. Remember sometimes you could be looking for an antonym of the clue rather than a synonym	For the Straight demands! substructure - work the gerund list For the other substructures just work your lists and record the items as you find them
6. TL	Palm over navel, tell client think "....." ↓ We now have Energy confirmation that the item is stressful	
7. Do the correction	Say , "Think (repeat the item for the client)"	Hold points and you think the item as well Yawn, sigh, pulse etc
8. Check that item is done	Say , "Keep thinking (repeat the item for the client)" then reTL ↑ If ↓ Re-hold points, then re-check	With palm over navel Monitor IM
9. Verbal confirmation	Ask verbally , "Is this item now robust?" ↑	Palm off the navel Monitor IM
10. Repeat for each item	Repeat steps 6-9 for each item	
11. Final check	Ask verbally , "Is this group of Ψ Imperatives robust and complete?" ↑	Palm off the navel Monitor IM

Ψ NAMED PEOPLE

The groups of Ψ Named People can be any number and the same people can appear in subsequent groups. People named can either be in this plane or have already passed over. Occasionally pet animals will appear on the list. As with all psychological groups there is an underlying theme and for these groups there will be some common thread that links all the people who are listed as the individual items. It may be that everyone in a particular group causes the client to feel envious or inadequate or valued. It is amazing how many of us find it difficult to handle the positive feedback we get from others. The people who appear most often are close family members otherwise identify what time in their life this person featured.

Steps	What to ask and say	What to do
1. Identify how many items.	Then Ask , "For this group of Ψ Named People there is at least one item?" ↑ "At least two?" ↑ "At least three?" ↑ "At least four?" ↑ etc	Monitor IM Put in the dashes in the Item/Other Factor column
2. Find the Reflexes Verbally	Ask , "For this group of Ψ Named People, are we holding NLS? / NVs? / EPs? / Sed? / Act?" When you get ↑ to a Reflex record it and ask "Any other Reflexes?"	Monitor IM Record what you find
3. Find the Elements verbally	Ask , "For this group of Ψ Named People 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 by saying , "So we're holdingrepeat the Reflex and Element	Monitor IM Record what you find
4. POINTS	Look up points and decide with the client how you will hold them (you can hold them on yourself as well as the client)	
5. Identify ALL the items by verbal testing	Ask , "One or more of the items family members?" ↑/ ↓ Otherwise check – "A friend, someone you know from work, school, your place of worship, medical persons, authority figures, a pet or a place?"	If ↑ check immediate family first then widen the search to siblings, parents, grandparents and in-laws.
6. TL	Palm over navel, tell client think "....." ↓ We now have Energy confirmation that the item is stressful	
7. Do the correction	Say , "Think (repeat the item for the client)"	Hold points and you think the item as well Yawn, sigh, pulse etc
8. Check that item is done	Say , "Keep thinking (repeat the item for the client)" then reTL ↑ If ↓ Re-hold points, then re-check	With palm over navel Monitor IM
9. Verbal confirmation	Ask verbally , "Is this item now robust?" ↑	Palm off the navel Monitor IM
10. Repeat for each item	Repeat steps 6-9 for each item	
11. Final check	Ask verbally , "Is this group of Ψ Named People robust and complete?" ↑	Palm off the navel Monitor IM

PSYCHOLOGICAL FEARS

Groups of Fears provide a very powerful tool for dealing with deep-seated fears and negative emotions that are locked into cell memory. To minimize the stress levels for the client I always find and do each item in a group one at a time. There are several substructures that occur on a regular basis. The ECS: BBEI list will often give you a clue for the items.

- (i) Fear of Fear of not (ii) Fear of being Fear of not being
 (iii) Fear of (gerund) Fear of not (gerund) (iv) Fear for
 (v) Fear that Fear that I Fear that I (negative):

Steps	What to ask and say	What to do
1. Identify how many items.	Ask , "Are all the items from the same substructure?" If ↑ test through the list above to identify which substructure. Ask , "For this group of Ψ Fears for (name the substructure) there is at least one item?" ↑ "At least two?" ↑ "At least three?" ↑ "At least four?" ↑ etc	Monitor IM Put in the dashes in the Item/Other Factor column
2. Find the Reflexes Verbally	Ask , "For this group of Ψ Fears, are we holding NLS? / NVs? / EPs? / Sed? / Act?" When you get ↑ to a Reflex record it and ask "Any other Reflexes?"	Monitor IM Record what you find
3. Find the Elements verbally	Ask , "For this group of Ψ Fears 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 by saying , "So we're holdingrepeat the Reflex and Element	Monitor IM Record what you find
4. POINTS	Look up points and decide with the client how you will hold them (you can hold them on yourself as well as the client)	
5. Identify ALL the items by verbal testing	Ask , "Clue from previous work today?" ↑/ ↓ Otherwise ask , "Is the clue from one of the HK Lists? If ↑, "BBEI List?" ↑/ ↓ "Dr. Scott's Gerund or Concept Lists?" ↑/ ↓ "Ann's Lists?" ↑/ ↓ Otherwise test through what other lists with which you would normally work. Remember sometimes you could be looking for an antonym of the clue rather than a synonym	Find and do each item one at a time as these groups can often throw up some very stressful items Go to List Working Manual BBEI p 1 / Gerunds p 10/11 Dr. Scott's Concepts p 11-18 Ann's Lists p 18-24
6. TL	Palm over navel, tell client think "....." ↓ We now have Energy confirmation that the item is stressful	
7. Do the correction	Say , "Think (repeat the item for the client)"	Hold points and you think the item as well Yawn, sigh, pulse etc
8. Check that item is done	Say , "Keep thinking (repeat the item for the client)" then re-TL ↑ If ↓ Re-hold points, then re-check	With palm over navel Monitor IM
9. Verbal confirmation	Ask verbally , "Is this item now robust?" ↑	Palm off the navel Monitor IM
10. Repeat for each item	Repeat steps 6-9 for each item	
11. Final check	Ask verbally , "Is this group of Ψ Fears robust and complete?" ↑	Palm off the navel Monitor IM

PSYCHOLOGICAL LINKED OPPOSITES

The structure is two words joined by "and" - the first word is a perception or goal whilst the second word is in some way opposing the first word. Linked Opposites exhibit an "energetic tension" which has been likened to that experienced when two magnets are held together with the same poles facing: repulsion and a sense of the sameness of the energy is experienced simultaneously. There seems to be a limited number of these items, possibly because they represent archetypal conflicts and tensions for the individual. If, however you get what I call an 'iffy arm' response to next thing is Ψ Linked Opposite then you are doing a group of Ψ Linked Words see **WM Lists p 26**

Steps	What to ask and say	What to do
1. Identify how many items.	Ask , "For this group of Ψ Linked Opposites there is at least one item?" ↑ "At least two?" ↑ "At least three?" ↑ "At least four?" ↓ The number of items in a group is generally small with two or three being the most common numbers for the groups	Monitor IM Put in the dashes in the Item/Other Factor column
2. Find the points to retune the Energy	(i) Ask , "For this group of Ψ Linked Opposites 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
3. POINTS	Look up points and decide with the client how you will hold them (you can hold them on yourself as well as the client)	
4. Identify ALL the items by verbal testing	Ask , "Are we lifting the item directly off the list?" If ↑ ask , "From Jane's section?" ↑ / ↓ If ↓ The item will be from our list. If ↓ to lifting the item directly off the list ask , "Are both the words we need on the list?" If ↑ ask , "Is the first word in this section?" etc Then ask , "Is the second word in this section?" etc If the item you want is not on the list then see if either the positive word or the negative word or both are on the list. Frequently they are, as a very limited number of words seem to have the required properties. If only one word is on the list there is a specific process to go through to establish the other word - first think of the opposite to that word and then move laterally to find the other word.	Work the List. Start by dividing up the list by pages. Jane's section WM Lists p 27-29 Sandie and Ann's section WM Lists p 29
5. TL	Palm over navel, tell client think "....." ↓ We now have Energy confirmation that the item is stressful	
6. Do the correction	Say , "Think (repeat the item for the client)"	Hold points and you think the item as well Yawn, sigh, pulse etc
7. Check that item is done	Say , "Keep thinking (repeat the item for the client)" then reTL ↑ If ↓ Re-hold points, then re-check	With palm over navel Monitor IM
8. Verbal confirmation	Ask verbally , "Is this item now robust?" ↑	Palm off the navel Monitor IM
9. Repeat for each item	Repeat steps 6-9 for each item	
10. Final check	Ask verbally , "Is this group of Ψ Linked Opposites robust and complete?" ↑	Palm off the navel Monitor IM

PSYCHOLOGICAL SYSTEMATIC DESENSITIZATION
(These were previously known as Ψ Phobia)

Ψ Phobia is defined as an abnormal intense and irrational fear of a given situation, organism or object. People who are phobic experience altered physical reactions not only when confronted with the object of their phobia but also even when they think about it. In general, a client's phobia is easy to correct with the HK Psychological Phobia correction. If it is going to work it processes through very quickly and the client experiences relief from the irrational fear immediately. Phobia corrections may be done out of priority providing you have permission to do the correction and one of the unusual aspects of a psychological phobia correction is that the group of items needed to be addressed to complete the correction and deal with the phobia do not necessarily need to be done in one go to complete the group. You always start with the **given situation, organism or object** at a distance and work towards, if need be, the client being actually confronted by the problem. Sometimes it is enough to deal with the stress the client experiences when they simply think about the given situation, organism or object.

Examples from my files:

Ψ Phobia	NL	2 ₅	Phobia – heights
	NV	0 ₁ , 2 ₃	- look at picture of gently rolling countryside
	EP	2 ₄	- of low hills
	SED	0 ₂ , 2 ₆	- of mountains
			- imagine yourself walking along a path on the hill
			- imagine yourself standing inside a flat on the second floor of a building looking out
			- imagine yourself on the balcony of a 5 th floor penthouse
			- imagine yourself standing on the balcony at the railing of the 5 th floor penthouse looking down into the street
			- climb up to the third step on the 8-step ladder
			- climb up to the top of the 8-step ladder
This client now felt sure she would be able to do some essential painting jobs in her home. Also, she felt she would no longer break out in a sweat while standing on platforms waiting for trains or tubes.			

Ψ PEOPLE / ME

Standard groups are groups of 2 and occasionally 4 or 6 where the first item in the pair is People gerund or **People gerund object – the more common format** and the second item follows the same format using the same gerund and we are simply changing 'People' to 'me' Occasionally the word 'people' will change to a category of People – Men, Women, a Work Title, Children, Students etc If we have a group of 4 or 6 then the second pair and third pairs of items in the group are either synonyms or antonyms of the first pair.

Occasionally we will have non-standard groups of 3 or 6 items where the format is

- | | | |
|--------------------------------|----|------------------------|
| _ People gerund object | or | _ People gerund object |
| _ Me gerund object | | _ Others gerund object |
| _ Me gerund object noun phrase | | _ Me gerund object |


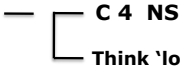
If we have a group of 6 using the above format, then the second triplet of items in the group are either synonyms or antonyms of the first triplet so the above 3 items might expand out to

- _ People enjoying success
- _ Me enjoying success
- _ Me enjoying success at work
- _ People feeling challenged
- _ Me feeling challenged
- _ Me feeling challenged at work

ENERGY FLOW BALANCE – CHAKRA Type 1

The EFB: Chakra Type 1 correction normalizes the energy flow from the individual chakras through the rest of the energy system. It often relates more to how people feel than to how they function. It can be any number of items up to 7, but usually 2 or 3. Possible causes for the need to do this correction - surgery or trauma to the back, spine or neck.

Each item has **2 aspects**: - **(i)** a 600-gauss **magnet** positioned over chakra with correct polarity (orientation immaterial) and **(ii)** a **thought**.

Steps	What to ask and say	What to do
1. Identify how many items.	Ask , "For this group of EFB: Chakra Type 1 there is at least one item?" ↑ "At least two?" ↑ "At least three?" ↑ "At least four?" ↑ "At least five?" ↓ Confirm by saying, "So, there are four?" (In this example) This is just an example of your testing for the number of items.	Monitor IM Put in the dashes in the Item/Other Factor column on every other line. Then fill in the extra dashes and connect with a bar  Think '.....'
2. Find the Reflexes Verbally	Ask , "For this group of EFB: Chakra Type 1 are we holding NLs? / NVs? / EPs? / Sed? / Act?" When you get ↑ to a Reflex record it and ask "Any other Reflexes?"	Monitor IM Record what you find
3. Find the Elements verbally	Ask , "For this group of EFB: Chakra Type 1 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 by saying , "So we're holdingrepeat the Reflex and Element	Monitor IM Record what you find
4. POINTS	Look up points and decide with the client how you will hold them (you can hold them on yourself as well as the client)	
5. Find the items	Identify the chakra for the first item - Ask , "Is the chakra one of the ones on the torso?" If ↑, "Chakras 1 or 2?" and so on Identify which polarity of the magnet is needed ask , "Is the magnet for the chakra going NS to the body?" ↑/↓ Identify the thought associated with the chakra ask , "Is the thought for the chakra one of the usual ones*?" *List of regular thoughts Working Manual Lists page 15	Monitor IM Chakra Words List WM p 22 Record what you find For example -  Think 'loving'
6. TL to check item	Palm over navel, client thinks "....." ↓	This is the validation that you have the set up the correction correctly
7. Do the correction	Tell client to keep thinking , "....." Hold points you tested in Steps 2 and 3 to retune the Energy and you both think the item	Hold points and you think the item as well Yawn, sigh, pulse etc
8. Check that item is done	Tell client to continue thinking the item and TL ↑ If ↓ re-hold points, then re-check	With palm over navel Monitor IM
9. Robust?	Ask , "Is this item now robust?"	Palm off the navel
10. Repeat 6-9		
11. Final check	Ask , "Is this group of EFB: Chakra Type 1 robust and complete?"	Palm off the navel

ENERGY FLOW BALANCE - MULTIPLE CHAKRA

This correction brings the chakras into harmony and balance with each other so the energy flowing into the physical body is maximized. Always one item with two aspects (i) - a magnet whose polarity is critical on each of two or more of the seven chakras and (ii) a thought (usually a single word see list below for the ones that come up the most) Not an official HK correction but developed by myself in 1994.

Steps	What to ask and say	What to do
1. Identify how many Chakras – always only the one item.	Ask , "For this one item group of EFB: Multiple Chakra how many Chakras are we working with at least two?" ↑ "At least three?" ↑ "At least four?" ↑ "At least five?" ↑ "At least six?" ↓ Confirm by saying, "So, we are working with five Chakras?" (In this example) This is just an example of your testing for the number of items.	Monitor IM Put in the dashes in the Item/Other Factor column on other line. Then fill in the extra dashes and connect with a bar
2. Find the Reflexes Verbally	Ask , "For this group of EFB: Multiple Chakra are we holding NLs? / NVs? / EPs? / Sed? / Act?" When you get ↑ to a Reflex record it and ask "Any other Reflexes?"	Monitor IM Record what you find
3. Find the Elements verbally	Ask , "For this group of EFB: Multiple Chakra 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 by saying , "So we're holdingrepeat the Reflex and Element	Monitor IM Record what you find
4. POINTS	Look up points and decide with the client how you will hold them (you can hold them on yourself as well as the client)	
5. Identify the Chakras for the item	Ask , "Are we working with Base Chakra?" If ↑, Ask , "Is the magnet North Seeking?" ↑ / ↓ Place magnet on the Chakra and move on up the body until you find all the Chakras and their relevant polarities Ask , "Is the thought one of the usual words?" If ↑ work the list below. If ↓ work your other lists.	For example – — C 1 NS — C 3 SS — C 4 NS — C 5 sS — C 7 NS Think 'considerate'
6. TL to check item	Palm over navel, client thinks "....." ↓	This is the validation that you have the set up the correction correctly
7. Do the correction	Tell client to keep thinking , "....." Hold points you tested in Steps 2 and 3 to retune the Energy and you both think the item	Hold points and you think the item as well Yawn, sigh, pulse etc
8. Check that item is done	Tell client to continue thinking the item and TL ↑ If ↓ re-hold points, then re-check	With palm over navel Monitor IM
9. Robust?	Ask , "Is this item now robust?"	Palm off the navel
10. Final check	Ask , "Is this group of EFB: Multiple Chakra robust and complete?"	Palm off the navel

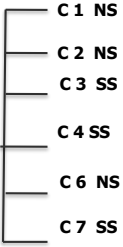
Most Common Thoughts				
Appreciate Compassionate Congruent Considerate	Content Empathy Enthusiastic Forgiving	Generous Harmony Honour Humble	Loving Patient Satisfied Steadfast	Tolerant Trust(worthy) Understanding Whole(some)

ECS: Chakra Cell Spin

Developed by Vivien Klein, HK Tutor and Practitioner

Cells also have a spin of their own. This correction seems to adjust the spin at cellular level at the site of the major 7 chakras. The Chakras have a particular spin, as do the cells within them. When all of the cells are spinning in a congruent way, it allows for the Chakra to then spin correctly. This correction can come up anytime in any kind of session under the ECS heading."

Next thing to do an ECS: Chakra Cell Spin

Steps	What to ask/say	What to do
1. Identify how many Chakras – always only the one item.	Ask , "For this one item group of ECS: Chakra Cell Spin how many Chakras are we working with at least two?" ↑ "At least three?" ↑ "At least four?" ↑ "At least five?" ↑ "At least six?" ↑ "At least 7?" ↓	According to Vivien, "It is six or seven chakras that need attention. Unusual for less than that number." Put your dashes in with Chakra number
2. Find the points to refocus the Energy	(i) Ask , "For this group of ECS: Chakra Cell Spin 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
3. Find the polarity of each magnet	Ask , "For the 'name the Chakra number' is it NS to the body?" etc	Record polarity and put each magnet in place
4. TL	ECS:CCS NV 5 — 	Rather than disturb the magnets use your navel to register the stress
5. Do the correction	Hold points as tested in no. 2 above	
6. Done and robust	TL as in no. 4 above If ↑ ask , "Is this item robust?" Ask , "Is this group of ECS: Chakra Cell Spin now robust and complete?"	

ADJUNCTIVE: EXERCISE

The three basic types are

Aerobic ● Strength Building ● Bending / Stretching.

Aerobic includes fast walking, running, cycling, skipping, dancing, rebounding, and swimming

Strength Building includes weight training

Bending and Stretching includes yoga and specific exercises to stretch particular muscles as in the Informed Touch Book.

Things to consider:

Some particular type to exclude or decrease/ add or increase? ● Duration in one session? ● How many sessions per week?

Intensity? ● What is the optimum regime of exercise – one specific type or a mix?

	Swimming	Walking	Tennis	Weights
Heart and Lungs	Strengthens heart and lungs and improves oxygen supply to muscles	Builds cardiovascular fitness	Good cardiovascular workout	Don't do weights if you have high blood pressure. Always use with other fitness activities
Bones		Strengthens the skeletal structure	Good weight bearing exercise	Resistance helps build and maintain bone mass Use light weights at first and gradually increase to strengthen upper body
Muscles	Arms, shoulders, stomach and legs muscles strong, lean and toned	Strengthens hips, thighs, stomach and bottom muscles	Trims main muscle groups- strengthens the shoulders, biceps, triceps and quads	Light weights help the body to be sleek while heavier weights build muscle Use weights as above section
Flexibility	Back stroke and front stroke help flexibility	Contracts muscles so needs to be combined with some stretching	Shortens muscles so needs combining with stretching exercises	Needs combining with stretching to lengthen the muscles
Mind	Reduces tension, anxiety and improves quality of sleep	Helps settle the mind	Reduces anxiety and anger – leads to a positive body image	Triggers feel good endorphins to boost mood and self-esteem helping you to feel balanced
	Running	Aerobics	Cycling	Yoga
Heart and Lungs	Lowers blood pressure. Strengthens heart muscle	Raises pulse rate and breathing levels for optimum health if you do at least 20 minutes	Exercises the heart and lungs. Best in fresh air for 20 –30 minutes 3x a week	Respiratory efficiency increases and overall lung capacity increases
Bones	Maintains and build bone mass particularly the legs and spine	Promotes bone density mostly in bottom half of the body and spine ***	Maintains and builds bone mass in feet, legs and hips. Combine with weights for upper half of body	Needs to be combined with weights to maintain and build bone density
Muscles	Shortens muscles so combine with stretching exercises	To avoid straining the same ligaments and joints alternate with weights and swimming	Tightens the muscles in the lower half of the body so combine with stretching exercises	Creates lean long muscles and tones the abdomen as well as the jaw line
Flexibility	Use stretching exercises before and after to avoid injury to the muscles	Needs a warm up period of stretching exercises	Shortens muscles so combine with stretching exercises	Boosts flexibility, lessens joint stiffness and pain
Mind	Produces feel good endorphins – reduces stress and improves confidence, power and self-reliance	Helps you feel calmer, more alert and happier	Improves memory because of increased blood supply to brain	Reduces tension, anxiety, depression and hostility. Improves sleep quality

*Bio-Energetic Kinesiology – The HK System
developed by Dr. Jimmy Scott*



Find your Way with HK