

Healing From The Body Level Up

Energy Healing & Diagnostics

Pre-Requisite to HBLU Module 1 Training



**Where Science
& Miracles Meet**



ABOUT ME

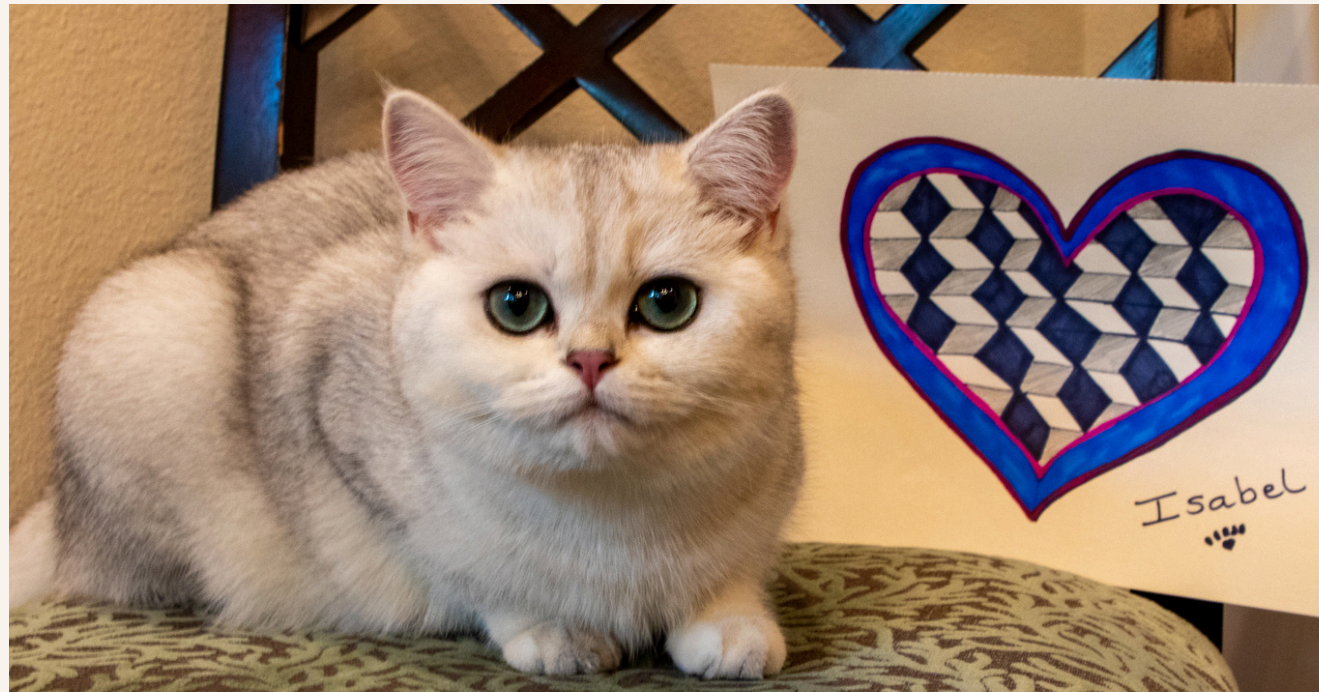
- Mind/Body/Energy Healing
- Holistic Psychotherapy
- 15 Years of Clinical Experience
- Healing From The Body Level Up (HBLU) - 6 levels
- Certified HBLU Trainer



Maitland Wellness Center

Founder/owner of the Maitland Wellness Center that features a team of integrative healing professionals





Isabel

**The Silver
Shaded
British Shorthair
“Meowdel”
Extraordinaire**



Agenda



1 Introduction & Overview

2 Calibrating, Simple Clearing & Unblocking The energy field

12:30 – 1:15 – Break

3 Diagnostics & Asking Proper Questions

4 Phobias & Natural Bio-Destressing Practice

5 Wrap-up & Questions

MANY NAMES & MODALITIES

Healing methods that incorporate
subtle energy systems,
the sub-conscious mind,
the biofield.


Less concrete parts of ourselves




Energy Healing



Energy Work



Spiritual Healing



Vibrational Healing



Energy Psychology



Mind/Body Healing



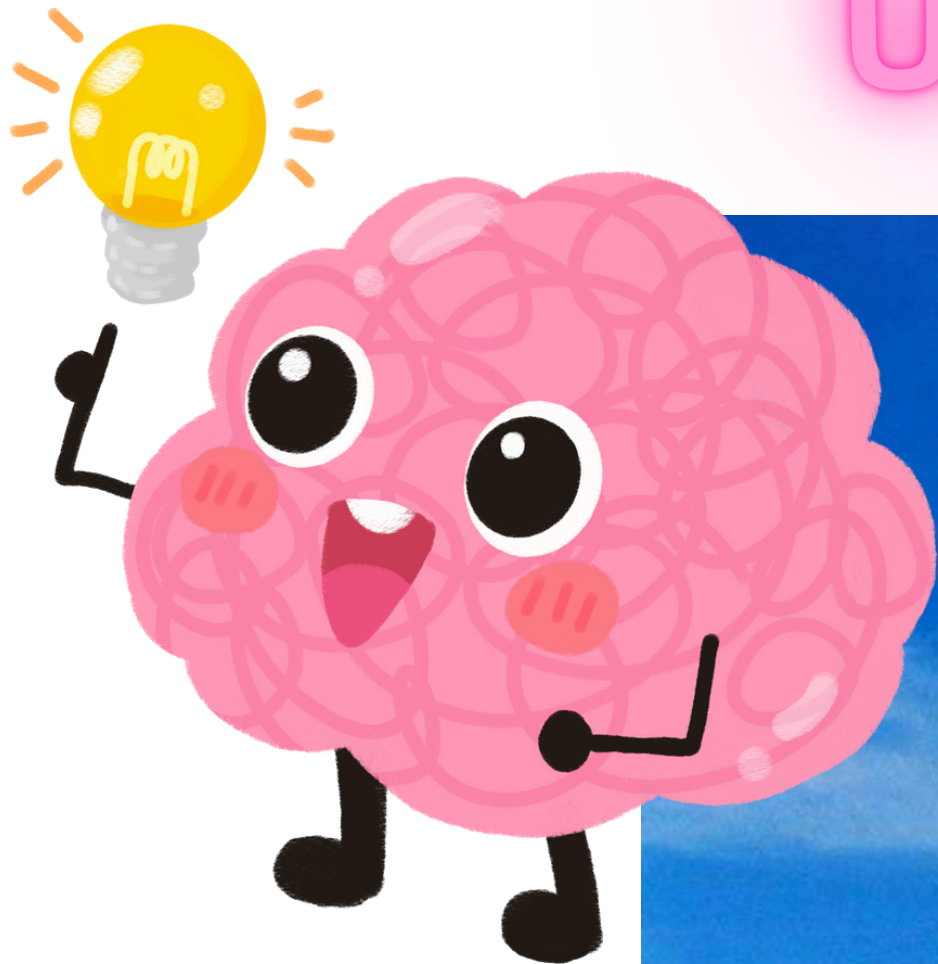
Energy Medicine

LEVELS OF BEING

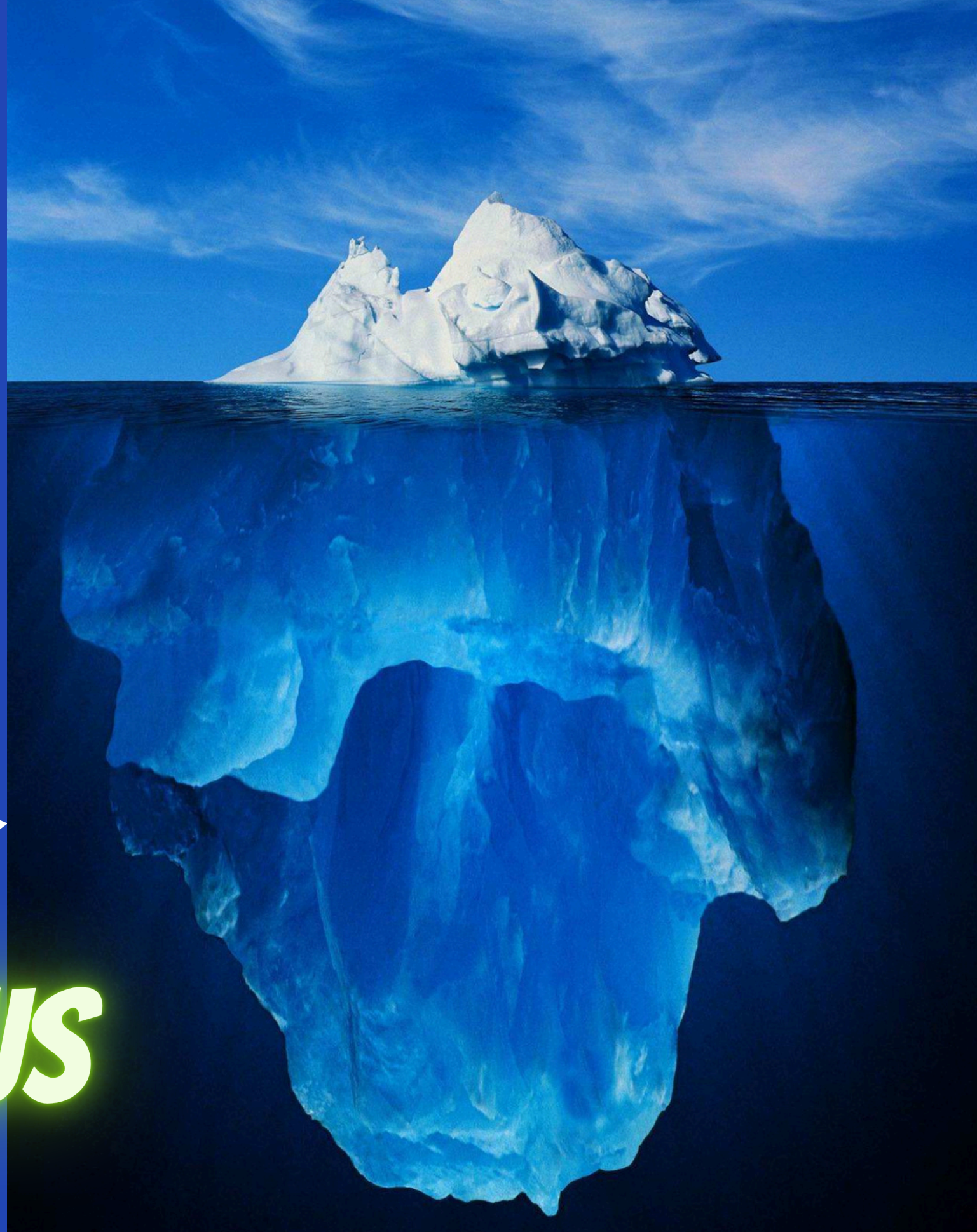
Align and Talk to all the levels of the System as a whole



CONSCIOUS MIND



Conscious Mind – This mind is the land of rational, concrete, linear, logic. It is very literal.



UNCONSCIOUS

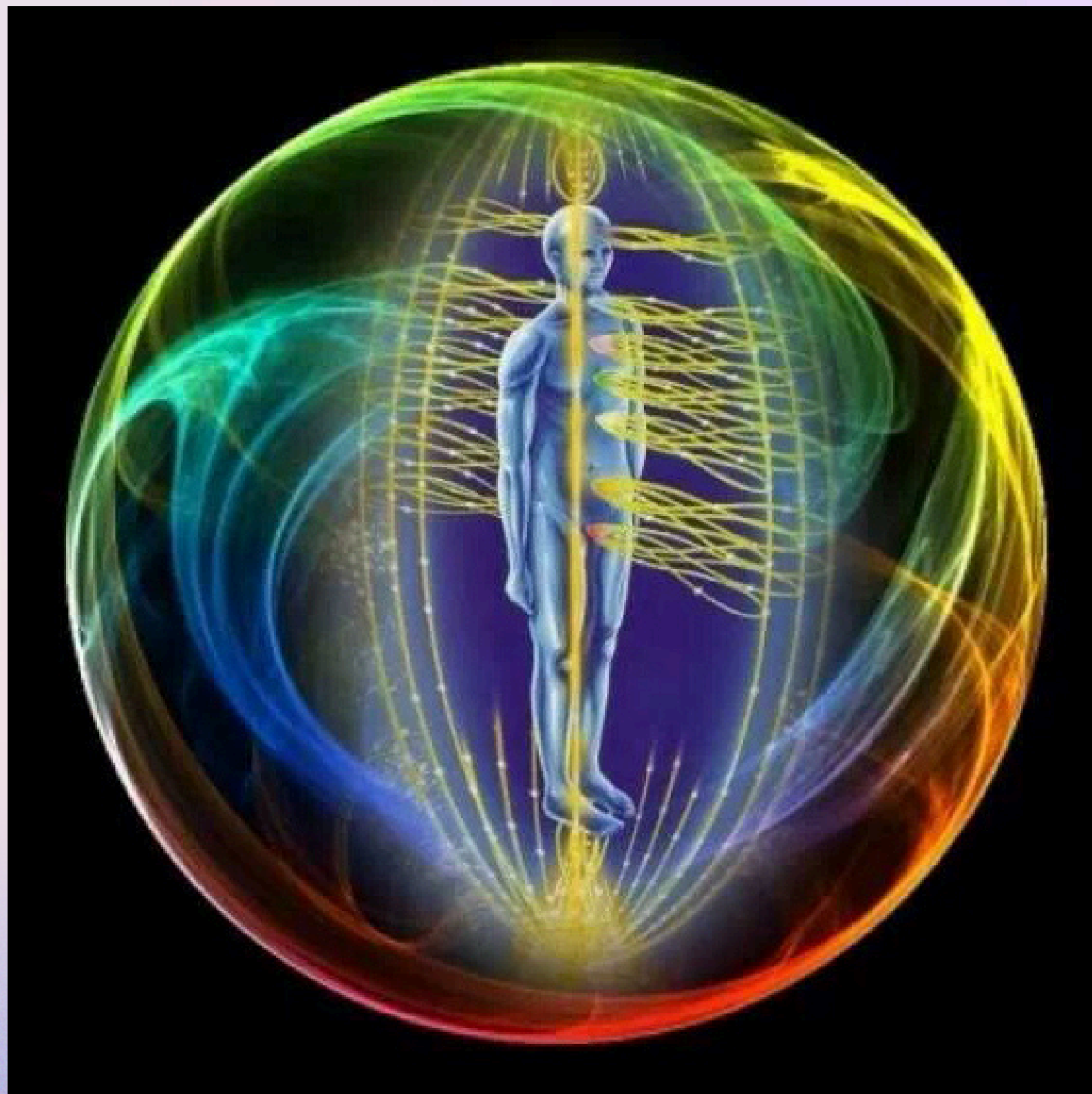
Unconscious – The unconscious mind is the land of emotion (which is not rational), imagination, memory, creativity, poetry, and metaphor. Runs 90% of Behaviors



Body - The body is the land of physical survival and reproduction.



Soul – The soul is the land of soul mission and connection with God and all life on this planet
and in the universe.



Etheric – The "bio-field" and subtle energy around the body.



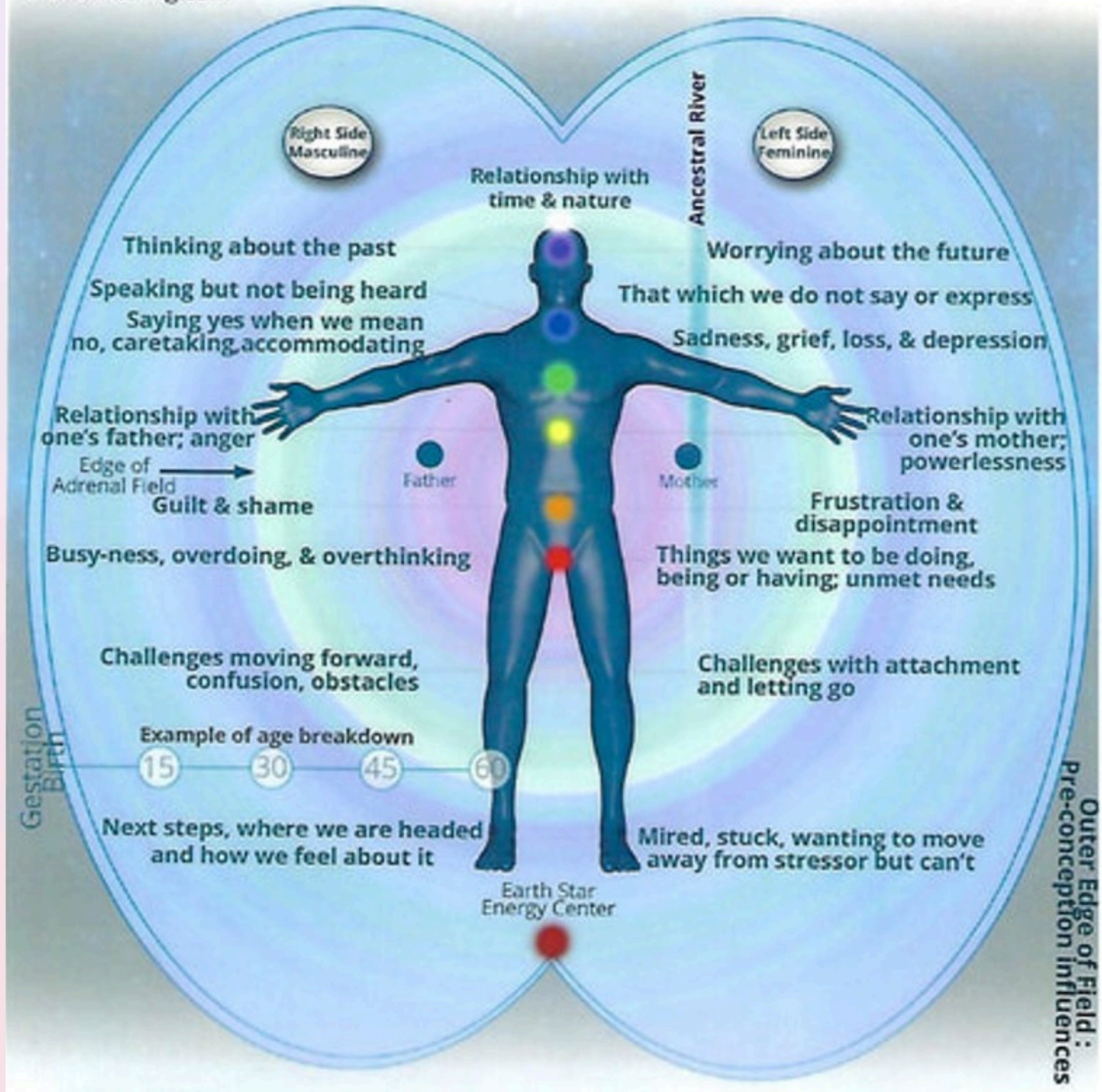
BIOFIELD TUNING
biofieldtuning.com

Biofield Anatomy

Significance of Energetic Imbalances

A few examples of energy that is stored in the bio-field:

- Ancestral Patterns
- Boundary Issues
 - Living in the past
 - Living in the future
- Trauma Energy
- Grounding
- Negative Emotions
- Limiting Beliefs



Most people confuse
“self-knowledge” with
knowledge of their
conscious ego-personalities.
Anyone who has any ego-
consciousness at all takes it
for granted that he knows
himself. But the ego knows
only its own contents, not
the unconscious and its
contents.

Carl Jung
CW 10, par. 491



“MAGIC IS ONLY A TECHNOLOGY FOR
SOMETHING THAT WE DO NOT YET
UNDERSTAND THE MECHANISM”

~UNKNOWN

3 CORNERSTONES

of Effective and Accurate Muscle Testing

1

**Calibrating
the Instrument**

2

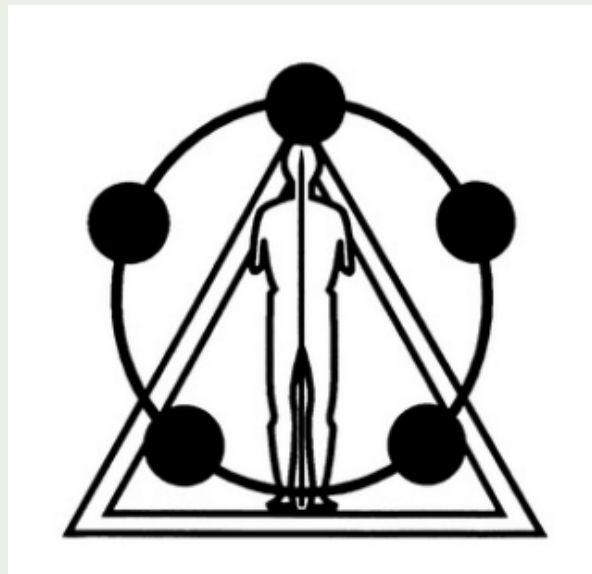
**Unblocking
The Energy Field**

3

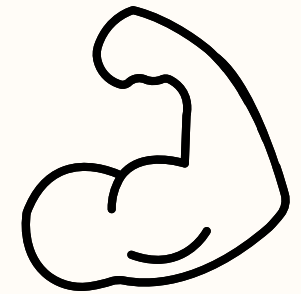
**Asking Good
Questions**

ENERGY KINEISOLOGY

AKA: Muscle Testing or Energy Testing or
Applied Kineisology



**Hold for a "Yes"
or "True"**



**Cannot hold for a
"No" or "False"**

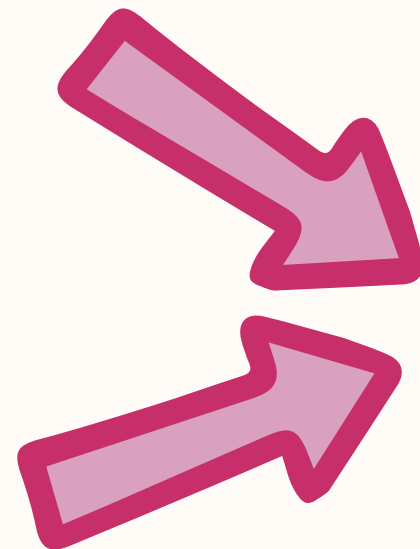


Human lie detector test

Avoid "Strong" or "Weak"

METHODS FOR SELF-TESTING

- Arm Press
- Finger Press
- Bent Elbow
- Circle & Point
- Finger Rubbing
- Leg Testing
- **Standing Tilt - Pendulum Swing**





How to do the "Standing Muscle Test" with Dawn Maree



Share



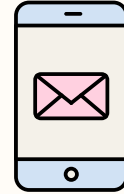
Watch on  YouTube

honestech

HOW TO AVOID THE COMMON MISTAKES

MUSCLE TESTING INSTRUCTIONS FOR FACILITATORS

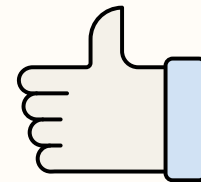
BASIC HELPFUL GUIDELINES



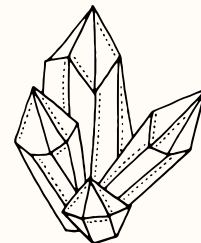
Remove Electronics



Shoes Off



Drink Water



Remove crystals

Leis Practice

**1. Get a “Yes & No”
response**

2. Basic Questions:
“My Name is_____”
“I live in _____”

UNBIASED AGENDA



Look only for ***truth and real answers***



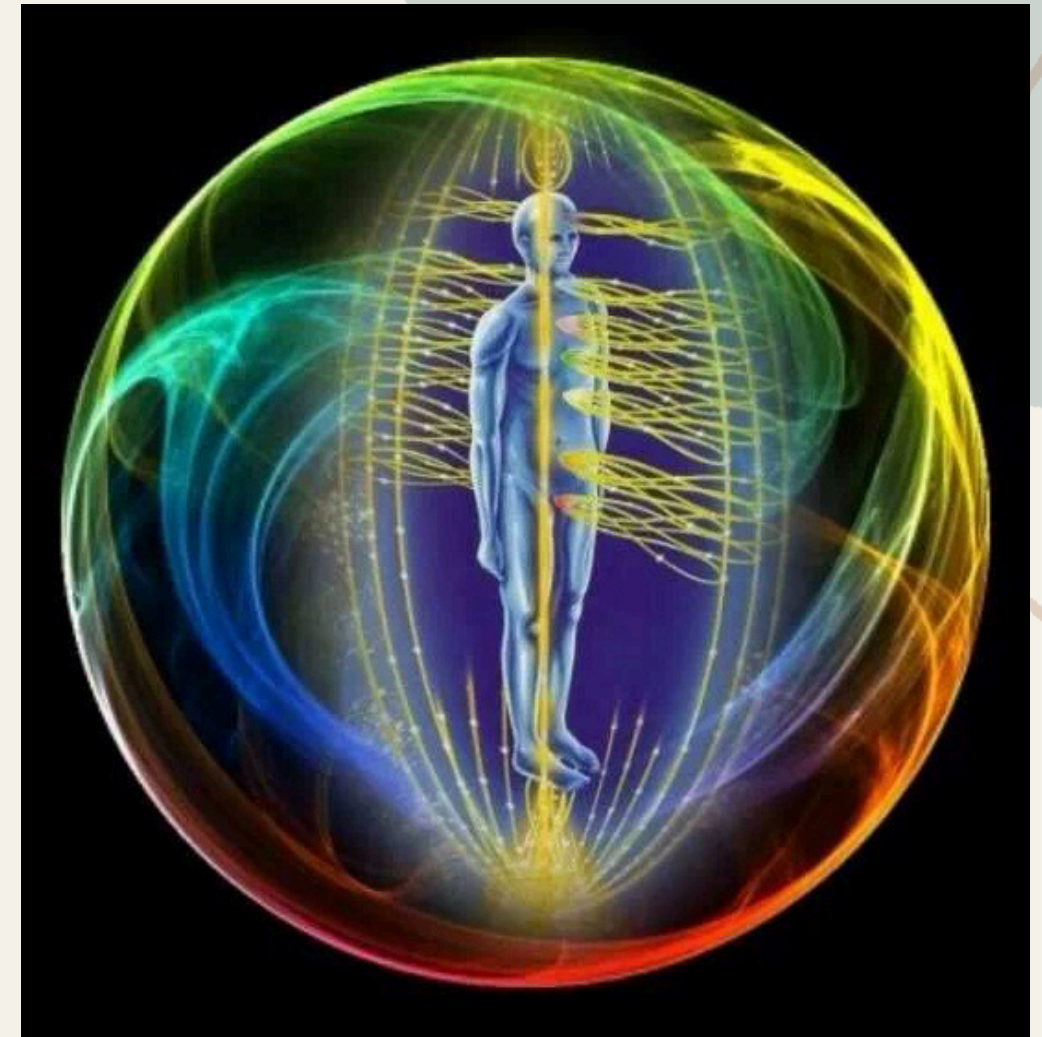
Be as "neutral" as possible



Attitude of curiosity and unattached to the results. No agenda



No "Faking" Answers



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2

**Unblocking
The Energy Field**

3

**Asking Good
Questions**

SIMPLE CLEARING

For accurate testing the machine must be calibrated and there cannot be any "blocks" in the energy field.

Start Here:

1. Simple Clearing Process:

- Cooks Balance
- Meridian Flushing
- Brief Energy Correction

2. Calibrate the "system"

- Get a **Yes**
- Get a **No**

Always Ask Every Time you MT:

"From Your Deepest Wisdom":

3. "Does this being have any blocks in their Energy Field?"

~"Do they not?"

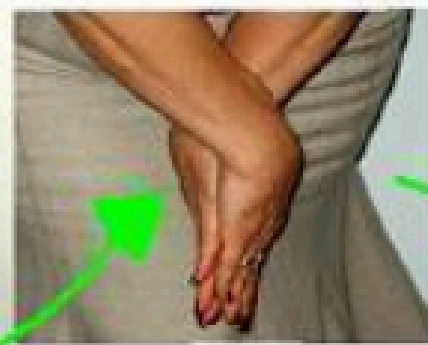
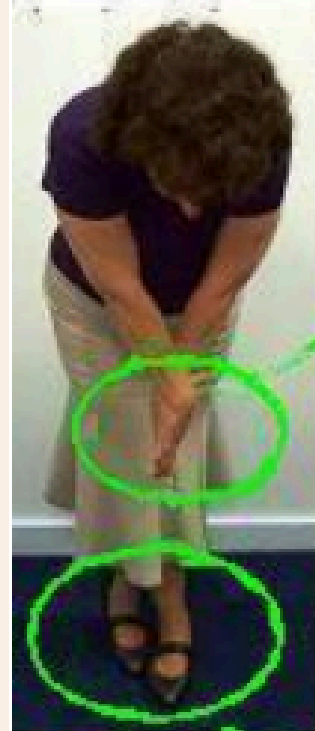
4. "Does this being have any *partial* blocks in their Energy Field?"

~"Do they not?"

(This process can be done sitting or standing.) 1. Cross one leg over the other. 2. With palms facing outward cross hands at the wrists and interlock fingers. Pull your clasped hands upward and rotate outward so that your pinkie's are towards the chest, the thumbs face outward. Hold this position until you feel your energy settle down into your body and you feel grounded. 3. Unfold yourself. 4. Stand with feet about 2 feet apart. Touch fingertips together with relaxed and rounded fingers (making a little tent shape) and hold your joined hands level with your heart until you feel centered.

Cook's Balance

prep for position 1



feet crossed



position 1



position 2



feet apart

B. Do the Meridian Flush to energize yourself and be more focused. Cup one hand over the other at the bottom of your torso. Make a scooping motion up the center of your body to your lower lip (as if you're splashing yourself with refreshing water). Repeat 2-4 times.

Meridian Flush



Bring Arms Directly Up

Brief Energy Correction

1. Hook a finger from one hand on the edge of your navel.

*Move your other hand to the following places,
holding each for 9-10 repetitions:*

- Both sides of the collar bone, using thumb and index finger on either side
- Under the nose, using index and middle finger
- Under the mouth, using index and middle finger
- Rub Sacrum - at/just above the tailbone

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Leis Practice

- 1. Brief Energy Correction**
- 2. Body “yes” and “no”**
- 3. Does this Being Have any blocks in their energy field?**
- 4. Find your priority healing color from a list**

COLORS FOR HEALING

Find the Color For Your Healing Today-

List of Numbers 1 - 16

Muscle Test:

From my deepest wisdom:

- ① ***The highest priority color for my healing today is: #1, #2, #3, or “.... is it in 1 - 5, in 6-10, in 11-16” (then ask, is it #....)***
- ② When you find the number, double check with yes/no:
“Number x is my priority healing color for today?”
- ③ “Is there a higher priority color than that?”

1. **Green** – light of acceptance, universal love, and connection with the Divine
2. **Yellow/gold** – light of Divine wisdom, true understanding, and empathy
3. **Buttercup yellow** – joyful connection to spirit
4. **Orange/bronze** – light of appreciation
5. **Blue** – light of God's immediate presence
6. **Pink** – light of person's love for God and unconditional love
7. **Violet** – light of forgiveness
8. **Red** – light of joy (antidote for depression).
9. **Brown** – light of hope (color of maple syrup)
10. **White** – light of mental clarity (this light penetrates like X-rays)
11. **Black** – light of the most hidden knowledge of all, truth
12. **Gray/silver** – light knowledge
13. **Navy blue** – happiness
14. **Plaid** – joy in all dimensions and connection with the earth
15. **Magenta** – trust
16. **Rainbow** – abundance

UNBLOCKING THE ENERGY FIELD

Most Common Blocks:

Simple Clearing
Dehydration
Phobias





Lunch

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- Get a No

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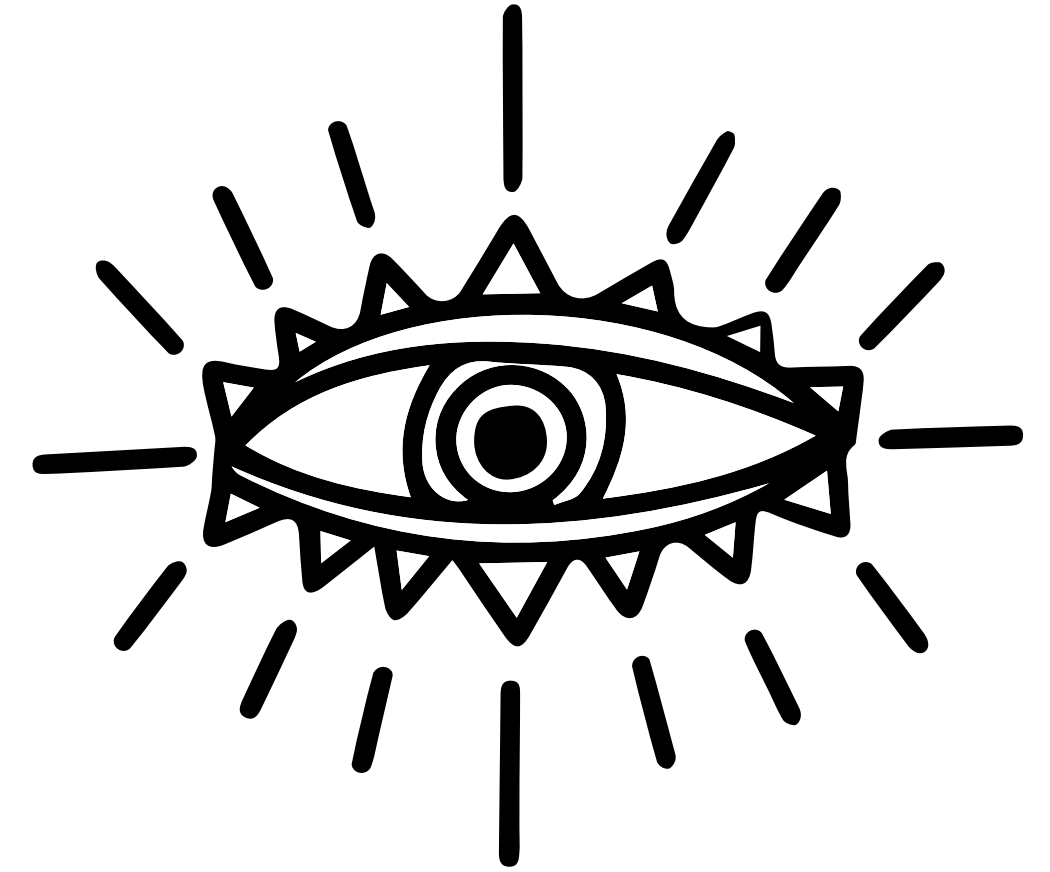
ASKING GOOD QUESTIONS

- True/False
- Specific
- Objective Answers
- Present Time
- Focused on your/their our own healing and growth
- Benefits the Universe as a Whole
- Energy Etiquette
- Muscle Testing for Other People?



DIAGNOSTICS

System of diagnosing the priority issue. Usually we use a system of knowledge to deduce this, with Energy Testing it is a shortcut method



Types of Questions and what to ask:

1. The priority goal for the person to work on that day
2. Does my deepest wisdom know the answer to this question?

PHOBIAS

Extreme Fear of Anything

Two Types: Shame & Fear

Extreme & Irrational

Connect With The Feeling of Fear
in The Physical Body

Meridian Tapping to Release

Not all phobias block the energy field

Phobia Structure:



Fear Only:

I am Afraid of _____ Because _____ (Extreme Worst Result – Death, Rejection, or Torture).



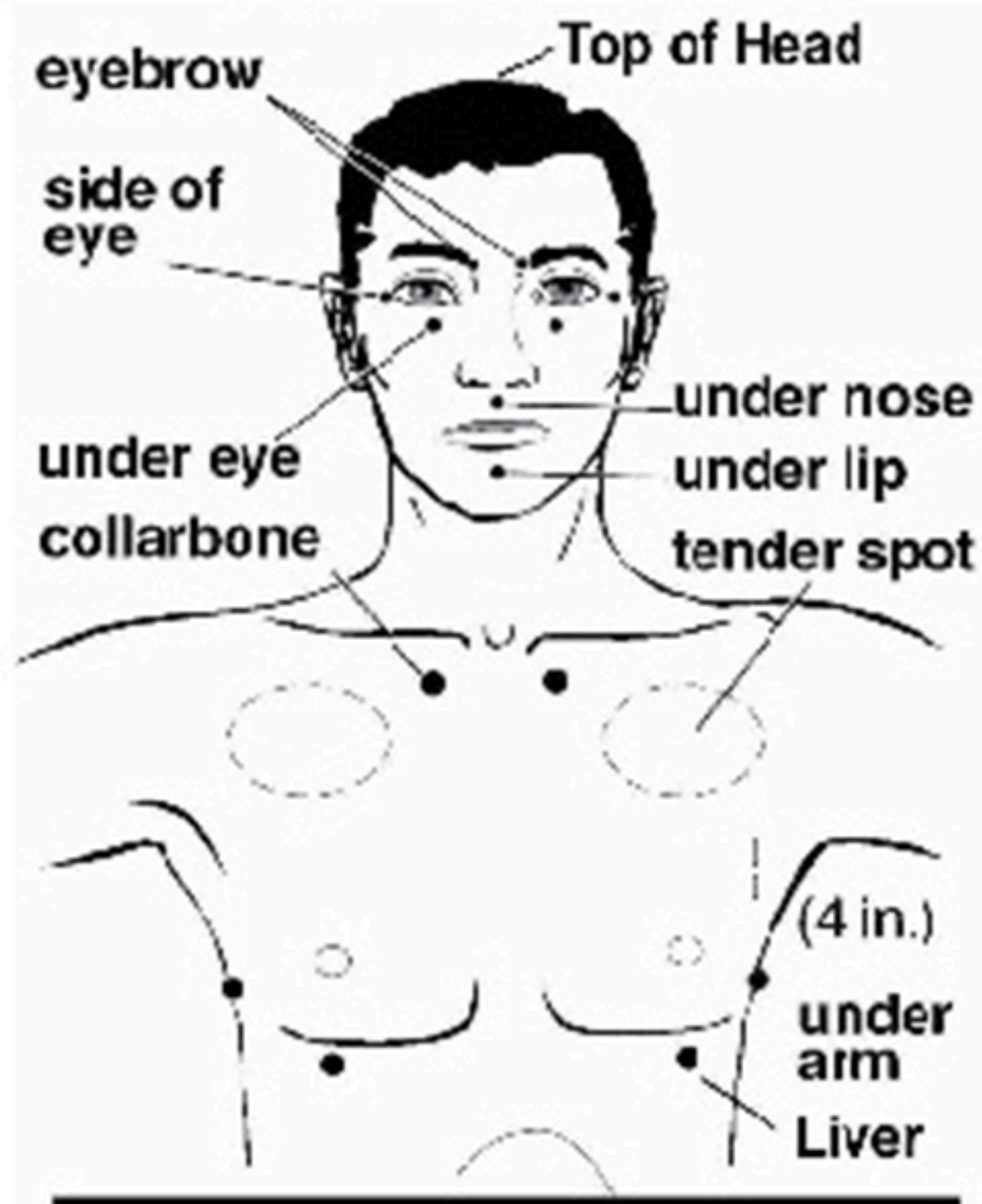
Shame Only:

I Am Ashamed of _____ Because this is proof that I am _____ (Worst Insult)



Hybrid - Fear & Shame:

I Am Afraid and Ashamed of _____ Because _____ (Death, Rejection, or Torture)
And it is proof that I am _____ (Worst Insult)



SET-UP

Karate chop point Tap outer edge of hand in fleshy part below the pinky finger while saying 3 times,

"I deeply and profoundly love, accept and respect myself even though I have this ____ problem."

TAPPING POINTS (listed in order we tap them)

A. Top of head Crown of head

B. Eyebrow Inner edge of eyebrow, just above nose

C. Side of eye On the bone, just outside the outer edge of the eye

D. Under eye On the bone directly under the pupil

E. Under nose Center point under nose, above lip

F. Chin Center of chin, right in the crease

G. Collarbone Under collarbone, about 2" to either side of midline

H. Chest wall rub the tender spot on the chest wall

I. Under arm 4" below armpit

J. Liver At lower edge of ribs, just outside imaginary line down from the nipple

K. Finger points All the finger points on the outside edge by the nail starting with the outside edge of the thumb

9 Gamut Tap back of hand in the indentation between the pinky and ring finger and:

1. Close eyes
2. Open eyes
3. Look down to one side
4. Look down to the other side
5. Roll eyes around in a circle in one direction
6. Roll eyes around in a circle in the other direction
7. Hum a tune out loud
8. Count to 40 by 2's
9. Hum again

Repeat A-K. Finish with karate chop point.

Leis Pracice

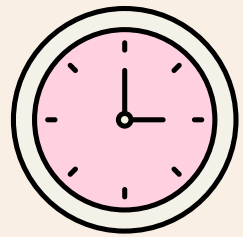
1. Guide Partner through “yes” “no” and Simple Clearing
2. Check for blocks in the energy field
3. Check for any phobias (whether they block the energy field or not)
4. Map and clear any phobias

“Manual Muscle testing is an instrument to assess – just as we wouldn’t say a microscope doesn’t work because a newly trained student can read anything from it, it doesn’t mean the microscope is invalid or doesn’t work. MT is like being a dancer or a pianist, the more you do it and the more you practice the better you will be at mastering it.”

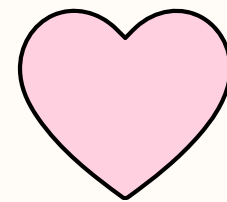
~Fred Gallo, Ph.D.

Clinical Psychologist, pioneer in the field of Energy Psychology, coined the terms “energy psychology” and “energy tapping”

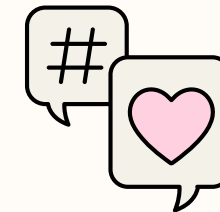
BUILDING A MUSCLE



Slow down, be
patient

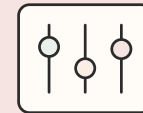


Practice



Listen to the
answers

HBLU Module 1: Clearing Trauma & Healing PTSD



23 Patterns

Limiting Beliefs,
Phobias, Traumas,
Conflict of Parts,
Boundaries, ++



3 Group Supervision Meetings

3 Additional Protocols



11+ Techniques

Energy Psychology
and Bi-Lateral
Stimulation



A Highly Effective Method for Deep Healing



Thank you!

Questions?