

# Healing From The Body Level Up

## Energy Healing & Diagnostics

Pre-Requisite to HBLU Module 1 Training



**Where Science  
& Miracles Meet**



## ABOUT ME

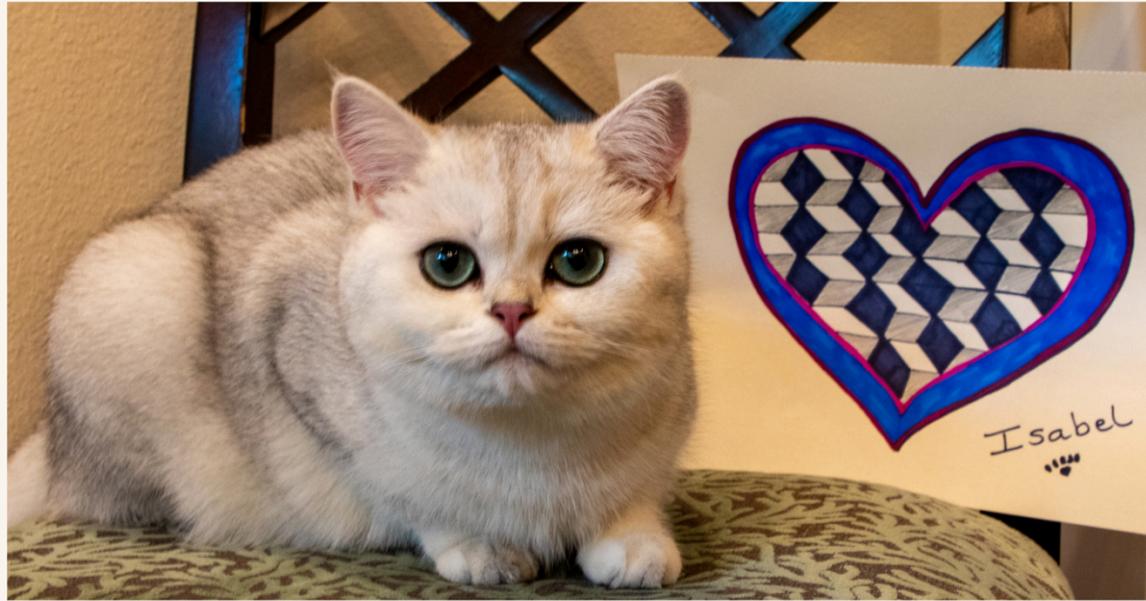
- Mind/Body/Energy Healing
- Holistic Psychotherapy
- 15 Years of Clinical Experience
- Healing From The Body Level Up (HBLU) - 6 levels
- Certified HBLU Trainer



## 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

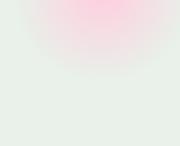
4 Phobias & Natural Bio-Destressing Practice

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

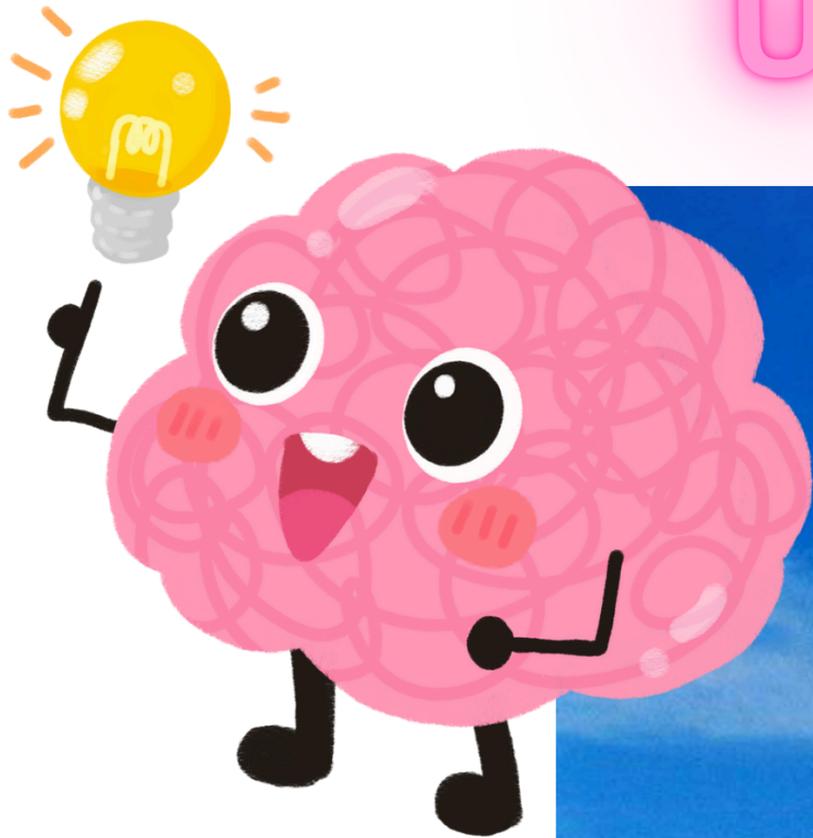
-  Energy Healing
-  Energy Work
-  Spiritual Healing
-  Vibrational Healing
-  Energy Psychology
-  Mind/Body Healing
-  Energy Medicine

# LEVELS OF BEING

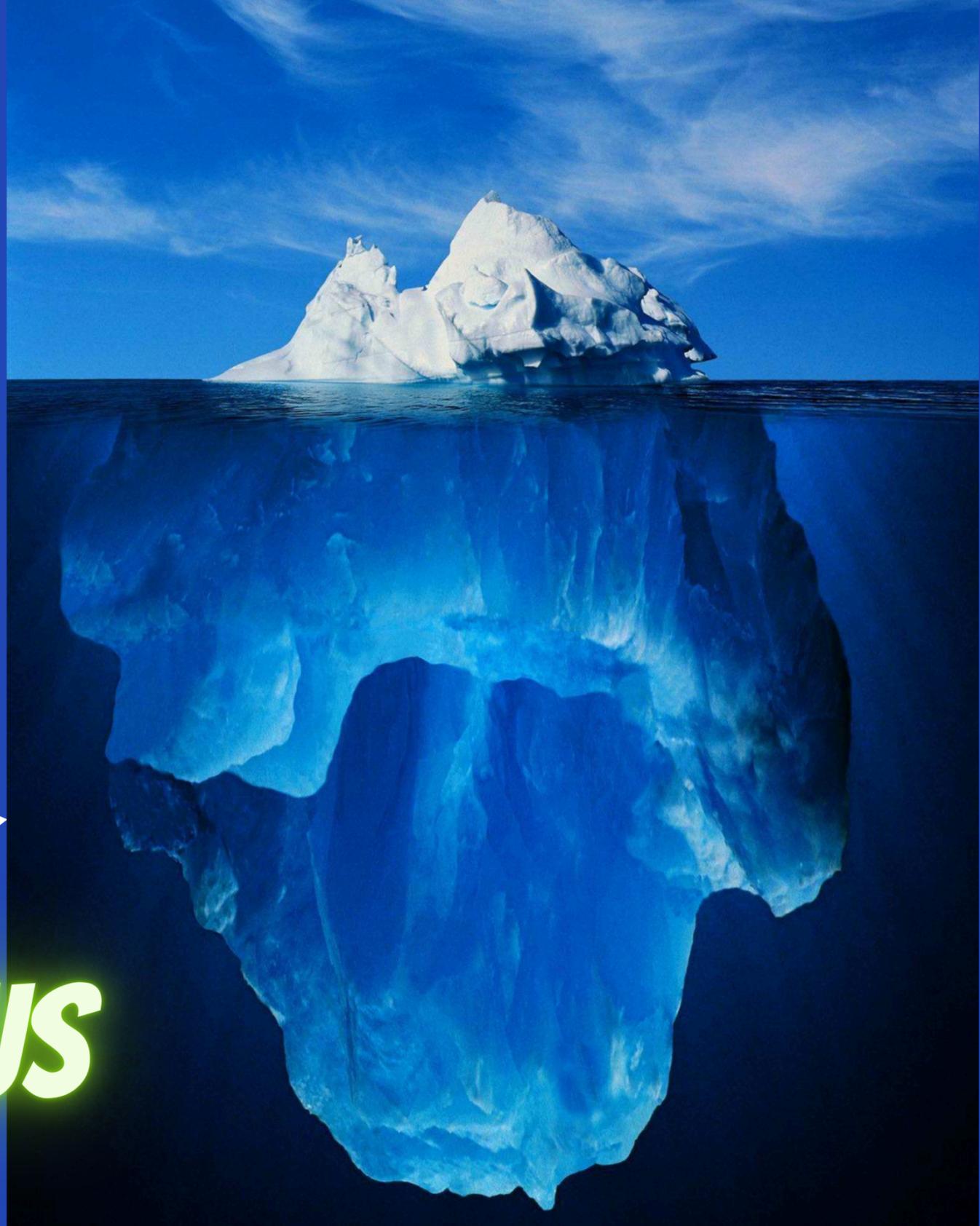
Align and Talk to all the levels of the System as a whole



# CONSCIOUS MIND



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



# *UNCONSCIOUS*

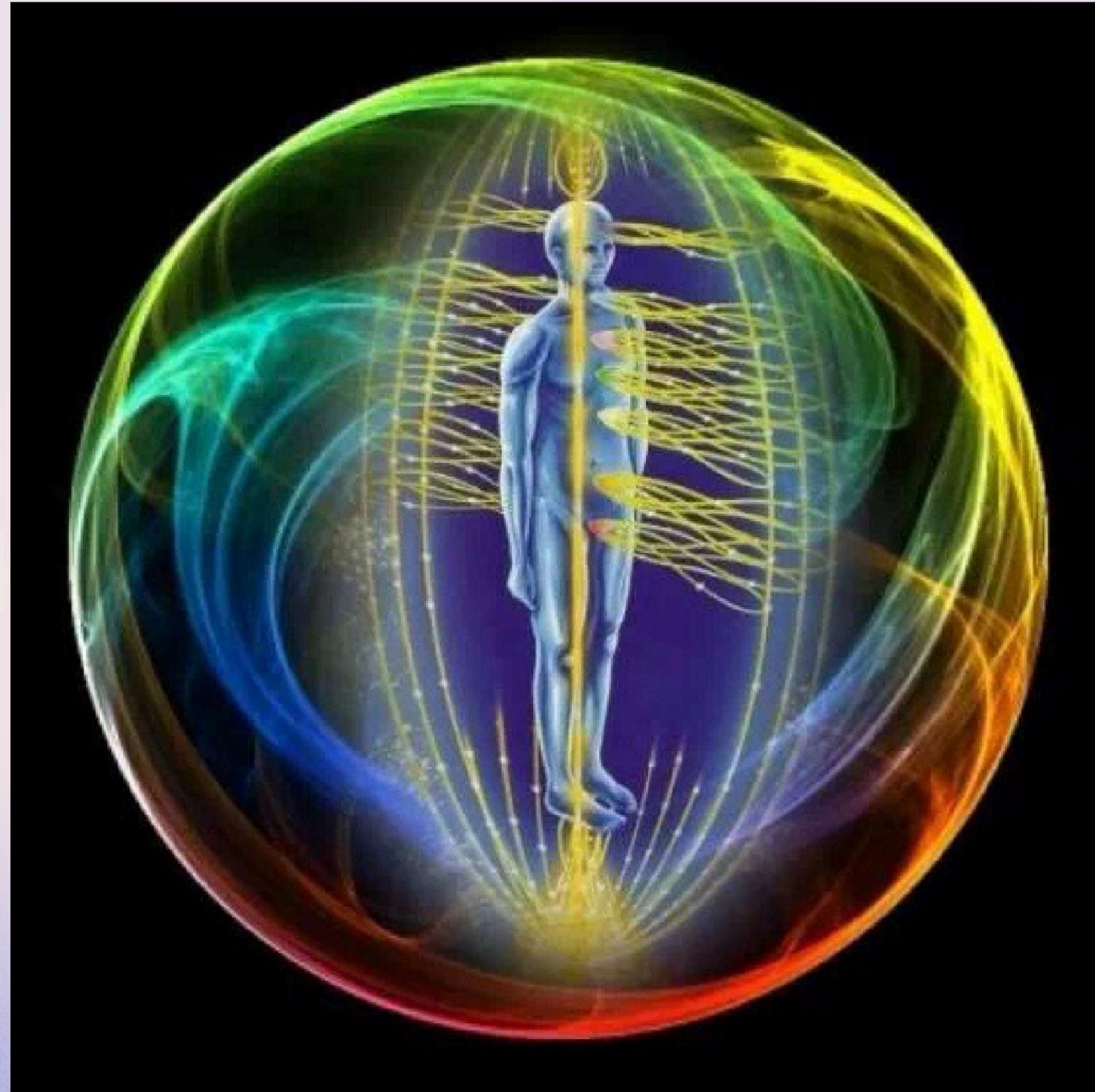
Unconscious – The unconscious mind is the land of emotion (which is not rational), imagination, memory, creativity, poetry, and metaphor. Runs 90% of Behaviors



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



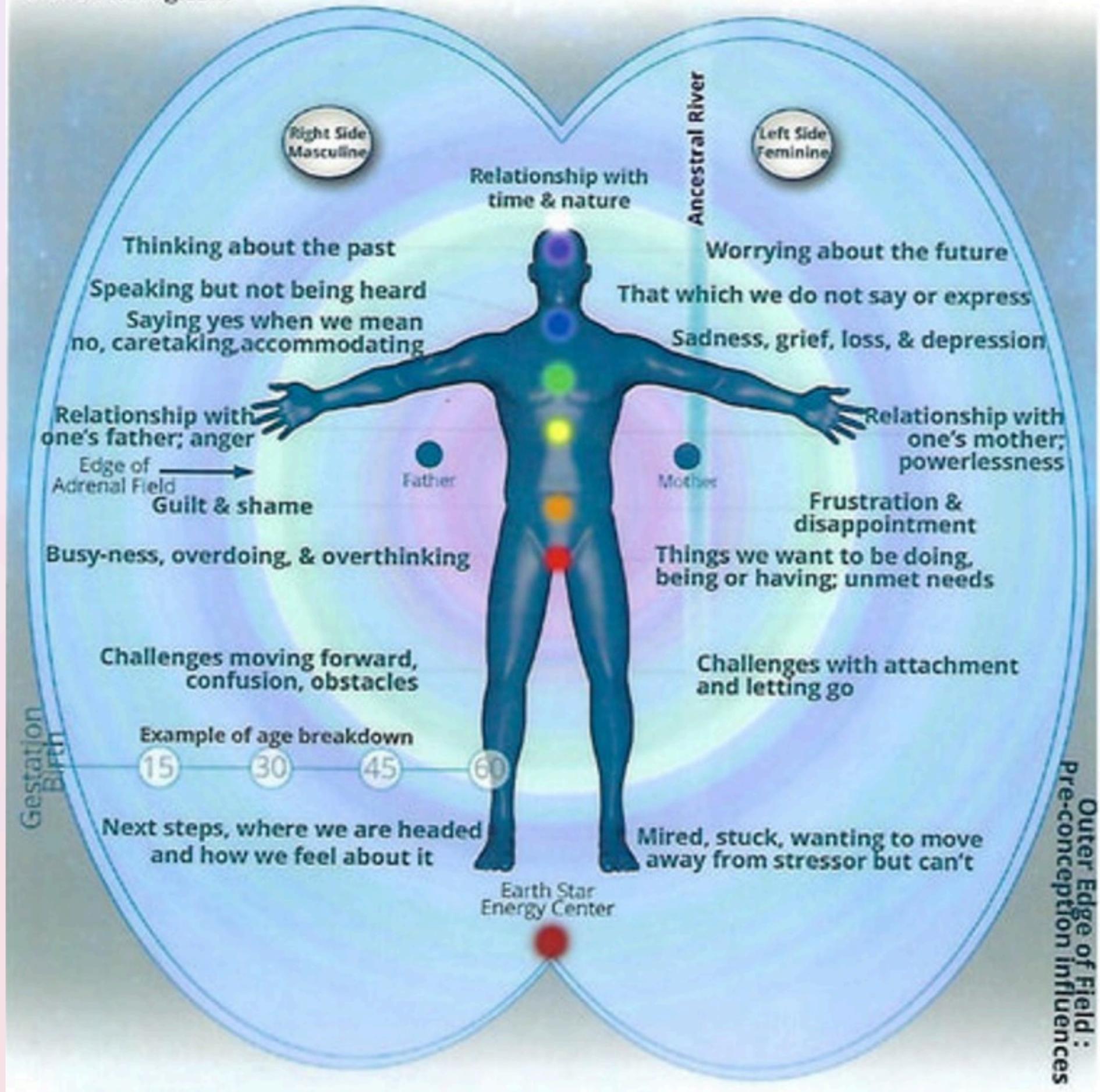
Soul - The soul is the land of soul mission and connection with God and all life on this planet and in the universe.



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

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

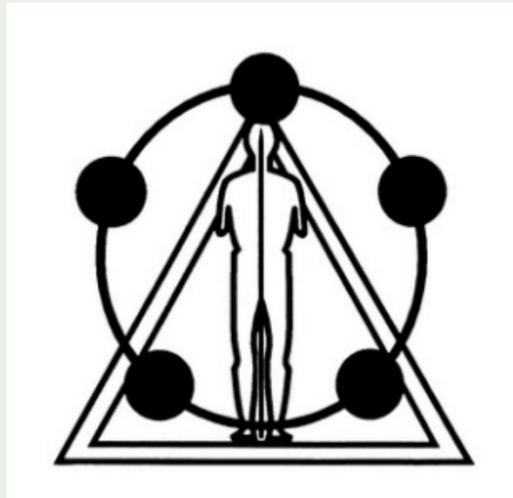
**Unblocking  
The Energy Field**

3

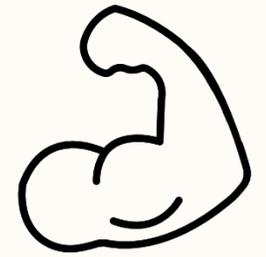
**Asking Good  
Questions**

# ENERGY KINEISOLOGY

AKA: Muscle Testing or Energy Testing or  
Applied Kineisology



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



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

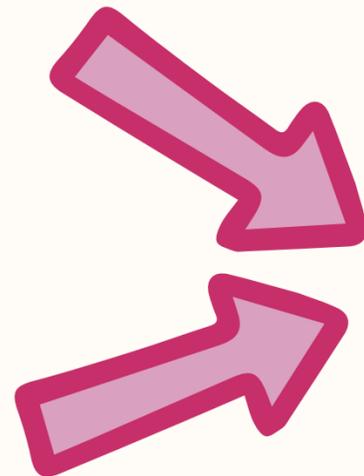


**Human lie detector test**

**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



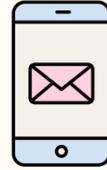
Watch on  YouTube

honestech

# HOW TO AVOID THE COMMON MISTAKES

MUSCLE TESTING INSTRUCTIONS FOR FACILITATORS

# BASIC HELPFUL GUIDELINES



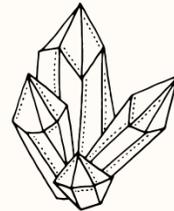
**Remove Electronics**



**Shoes Off**



**Drink Water**



**Remove crystals**

# Leis Praciice

**1. Get a “Yes & No”  
response**

**2. Basic Questions:  
“My Name is \_\_\_\_\_”  
“I live in \_\_\_\_\_”**

# UNBIASED AGENDA



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



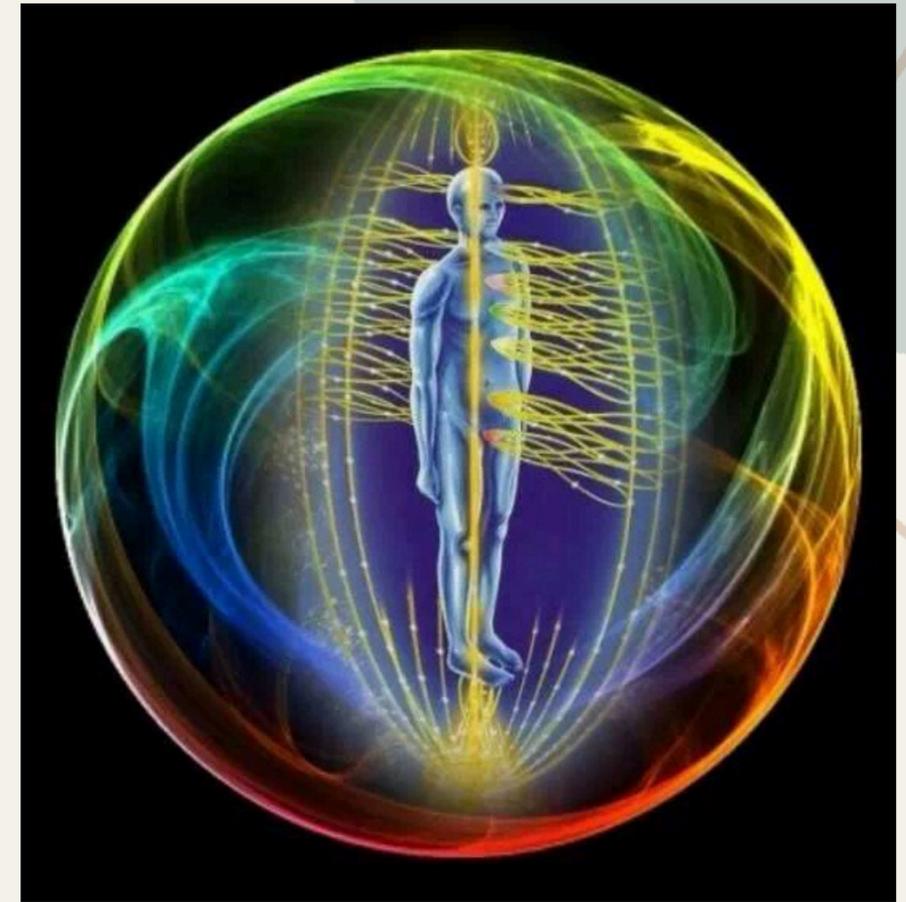
Be as "neutral" as possible



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



position 1



position 2



**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 Praciice

- 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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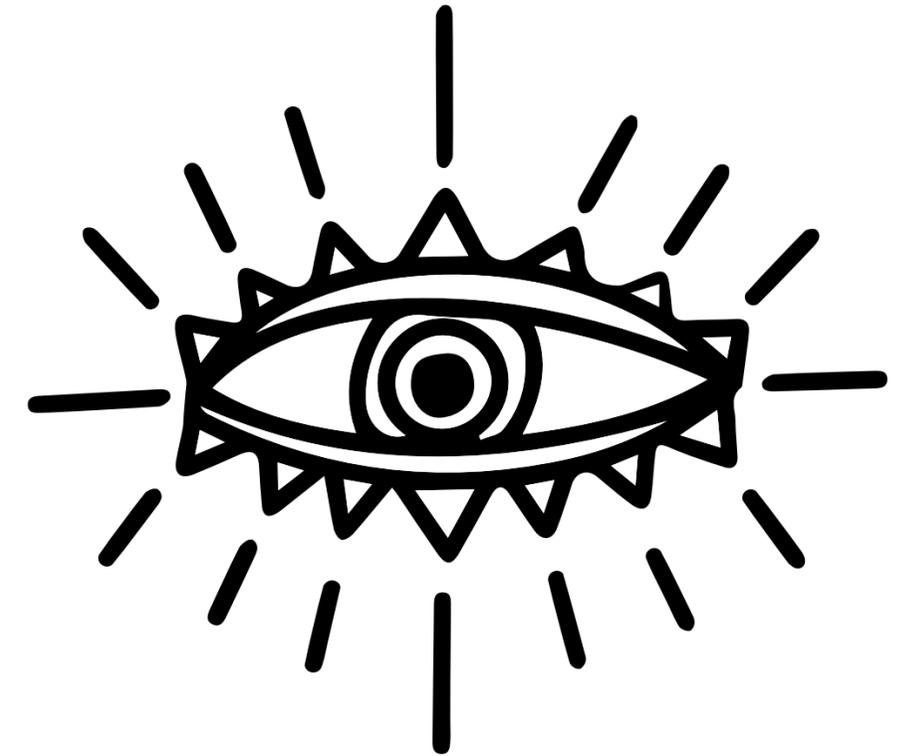
# ASKING GOOD QUESTIONS

- 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:**

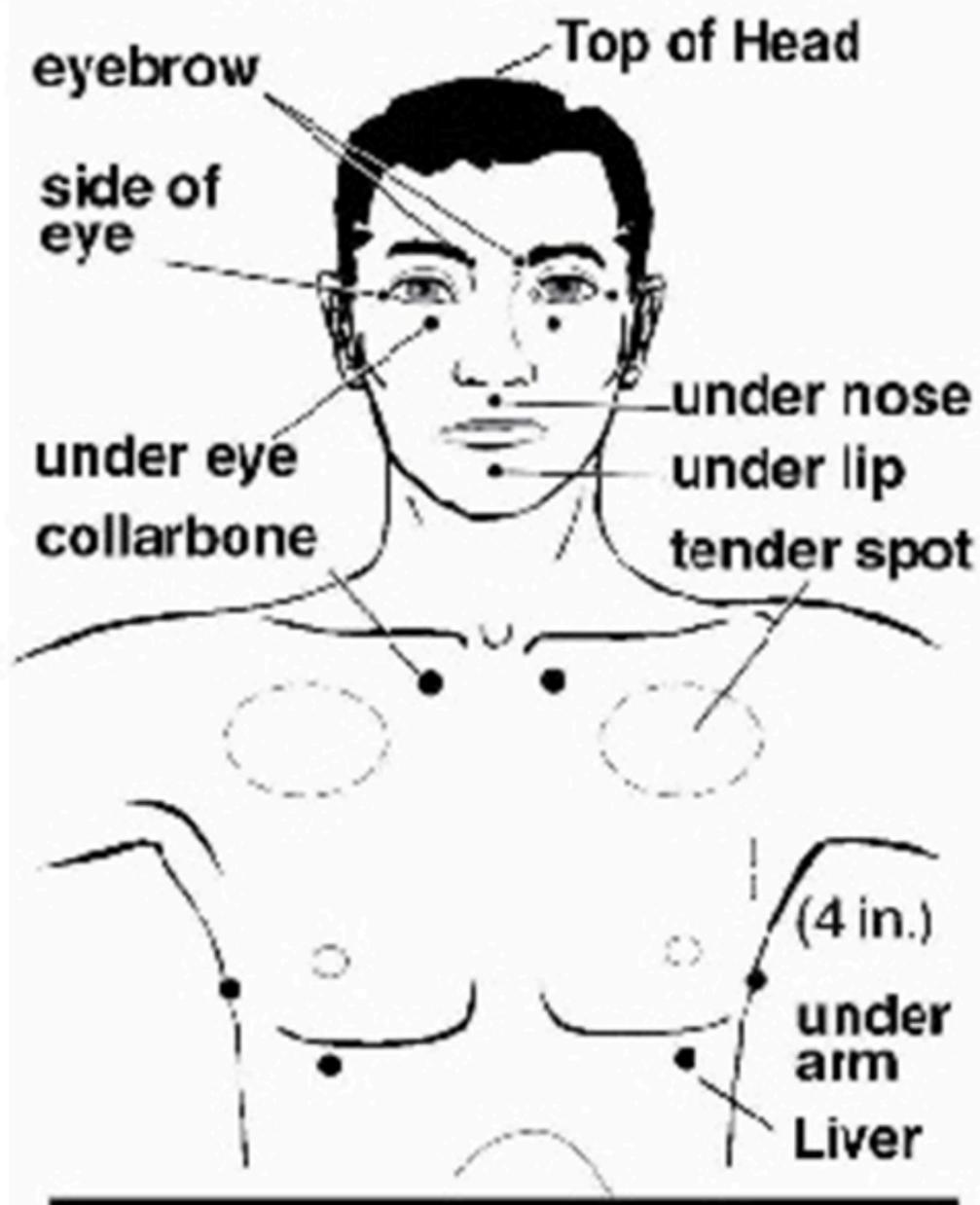
I am Afraid of \_\_\_\_\_ Because \_\_\_\_\_ (Extreme Worst Result - Death, Rejection, or Torture).

✓ **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 Praciice

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.”**

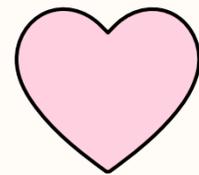
~Fred Gallo, Ph.D.

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

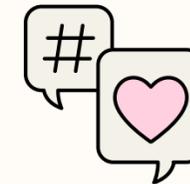
# BUILDING A MUSCLE



Slow down, be patient

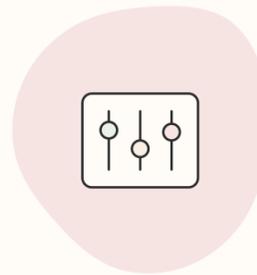


Practice



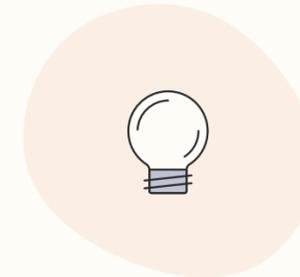
Listen to the answers

# HBLU Module 1: Clearing Trauma & Healing PTSD



## **23 Patterns**

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



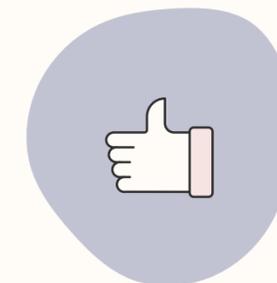
## **11+ Techniques**

Energy Psychology  
and Bi-Lateral  
Stimulation



## **3 Group Supervision Meetings**

3 Additional Protocols



## **A Highly Effective Method for Deep Healing**



Thank you!

Questions?