

## Balancing For I Love and Accept Myself On All Levels

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It is our belief that we have no innate desire to be sick, unhealthy, or unhappy. However, due to stress, confusion, trauma, and guilt that results in poor self-esteem, lack of confidence and faith in ourselves and our health, we do often seem to work against ourselves on some level and block our true healing potential. These blocks stand in the way of our maximum healing potential and permit us to hang onto or hide old feelings and patterns that need to be released.

Balancing for "I Love and Accept Myself on All Levels" is designed to solve this problem and gives us access and permission to remove such blocks. If we truly love and accept ourselves, we would do everything in our power to promote our healing process. Many of our clients have made tremendous leaps in health as well as self-esteem after being balanced for this statement. You will find as you do this kind of balance that your testing will feel and be more accurate. This is mostly due to the improvement in co-operation on all levels as the body and brain integrates and decides to work with you not against you. Balancing for "I Love and Accept Myself" restores one's self esteem and self worth and gives people more confidence in themselves and their health.

### Procedure

1. Balancing in the Clear: do a straight 14 muscle balance in the clear.
2. Explain and Demonstrate the Affirmation Mode to Client: show the client how their arm is strong when stating something that is true. For example, say, "My name is (use correct name)." and arm should test strong. Say, "My name is (use incorrect name)." and arm should test switched off.
3. Test a muscle for each meridian while making the statement, "I Love and Accept Myself on All Levels," before pushing on the muscle. (Make note of all under energies.)
4. Test for over energies.
5. Decide which meridian is the key.
6. Physically balance and challenge the key meridian.
7. Test the neurovascular on the head for the key meridian that you have just balanced and challenged while making the statement, "I Love and Accept Myself on All Levels," before pushing on the muscle..
8. If neurovascular tests off, this means that some part of the person being balanced does not believe that they deserve to love and accept themselves
9. Age recess to see when this pattern started.
10. Hold the neurovascular point on the head of the person being tested and have them repeat the affirmation, "I love and accept myself on all levels," over and over again.
11. Retest while still holding the neurovascular point and making the statement once again. It should now test strong.
12. Retest any other muscles that were previously switched off while repeating the statement.
13. Assign homework - hold the key neurovascular point on the head and say, "I Love and Accept Myself on All Levels," two times a day for two to three minutes for about four weeks.

### Extra Comments and Observations:

After going through this procedure once, you will find that you can do the whole thing over again in a week or two, and another key meridian will show up. This is the next layer. We check this each time someone comes in to see us until we can not find any meridian that does not accept the statement.

If you know how to age recess and find emotions (e.g., One Brain Barometer or Bio-kinesiology Emotions), you would have the person say "Because I Love and Accept Myself on All Levels I Choose to Be \_\_\_\_\_".

When testing in the affirmation mode, if people test switched off with "I Love and Accept Myself," they will usually also test switched off on one or more of the following:

I Deserve to be Healthy.

I Deserve to Be Happy.

I Deserve to be Loved.

I Deserve to Love.

I Deserve to be Free of Guilt.

I forgive Myself on All Levels.

I deserve to be Successful in All Areas of My Life.

Etc.

### **Bibliography**

1. Ariss, Steve and Ryder, Suzanne, *New Method Kinesiology*.
2. Thie, John F., *Touch for Health Handbook*, T.H.Enterprises, 3rd edition, 1987.