

## Quality Time With Your Client

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This article has been inspired by eight years of private practice. Based upon this experience, it is my intention to share some thoughts and ideas that have proven to support "quality balancing" with my clients.

So often, due to circumstances, we may only have the chance to balance or work with someone once — especially if you are travelling and teaching at the same time. Or perhaps, like myself, (most of the time) I am able to see people for follow-up sessions. In either case, our time is often limited, and our knowledge is great! How do we make the most of our time spent sharing and teaching others?

The following is a basic format that my associate Steve Ariss and myself have developed over the years at our New Method Kinesiology Institute to ensure quality, so that you and your client are able to reap the maximum benefit from your balancing and your knowledge. Feel free to utilize or implement part of this article into your own specialized form of balancing.

### **A. Preparation and Education:**

We begin each session with about three to five minutes of preparation and educational time. This is done while holding the ESR (Emotional Stress Release) points on the forehead. As the client becomes more calm, centered and integrated we take the opportunity to set the tone of the session.

The following is a list of things that we ask the client to do or think about while we hold the ESR points":

1. Take a few deep breaths.
2. Picture switching on all the energy in the whole brain.
3. Release and let go of any stress from today including the traffic on the way to the appointment.

4. Our goal today is to get all the energy on and balanced throughout the whole nervous system by the end of this session.

5. Think about your day-to-day stress level and what that does to your body.

6. Think about loving and accepting yourself enough to know on all levels that you deserve to be healthy, happy and successful in all areas of your life.

7. Are there any old belief systems that you are aware of that undermine your goal to be healthy, happy and successful?

8. Ask for 100% cooperation and commitment on all levels to do whatever is most important at this time for your health, happiness and success.

9. Briefly explain how muscle-testing works if the client is new.

10. Explain that they are in charge of the session and that your intention is to do whatever is best at this time to ensure comfort and ease while healing. Accessing maximum healing potential is mostly based upon your clients having trust in their healing process and faith in their ability to change.(respect each person's pace for healing)

### **B. Pre-balancing:**

Because we are now ready to ask the body to make some quality decisions - the following is a quick list of corrections to ensure that the person is in present day and the brain is integrated.

You are free to include the techniques you recognize or add any of your own:

1. K 27's
2. Massage Ears
3. Hold cranial meridian for 2 minutes
4. Light on the RNA
5. Transverse Flow Correction (fig.8's)
6. Tap Thymus

7. Hypertonic correction for diaphragm  
etc.

**C. Balancing in the clear:**

You are now ready to do a 14 muscle balance in the clear. Balance until all 14 meridians are on. This again clears confusion from the nervous system and organizes the body for quality decision-making.

**D. Finding the priority:**

In the preparation and education time you have already asked the client to think about what is most important. Now you are able to focus in on the key belief that undermines their health, happiness and success. The following is only a suggestion and includes the goals that we most commonly balance for.

Simply have the client state each goal one at a time and muscle test after each statement. Do the whole list. If more than one goal switches the person off, ask the body for priority and run through the whole list again.

Remember if the client tests strong after stating a goal - the body is in agreement with the statement. You are looking for the goals that switch them off.

1. I love and accept myself on all levels.
  2. I deserve to be healthy, and happy.
  3. I deserve to be successful in all areas of my life.
  4. I am United. I have inner peace.
  5. I am 100% cooperative on all levels.
  6. I forgive myself and others.
  7. I am free of the need or desire to punish myself in any way.
  8. I have trust in the process of life.
  9. I have faith in myself, my health, and my future.
  10. I deserve to love and be loved.
  11. I am safe and secure.
- etc.

Once you have found the priority goal, you can check to see if the "deserving" is the key or "fear" is the key. Ex. If "I deserve to love and be loved" was the key you could test again after they say "I have the courage to love and be loved" and or "I am not afraid to love and be loved"

**E. Balancing for the priority Goal:**

This is completely unique and individualized for each practitioner. Go ahead and balance your client whatever way you normally do - knowing that you are balancing them for the priority goal.

Anchor your balance when you are finished by testing the goal again. The client should now test strong on the statement.

**F. Clean Up:**

We have derived great benefit from taking a few moments at this time to quickly test the 14 meridians and make sure that they are on. This ensures that the body is centered and in present day (especially if you have done age recessing) and most importantly aids in avoiding any kind of "healing crisis" or backlash of emotions that people so often experience in the few days following a balance. I cannot emphasize how valuable we have found this step to be.

**G. Homework:**

When making major shifts in our belief system it takes time to re-educate the nervous system to accept a new notion or belief. Assign whatever you feel is appropriate to support the nervous system in anchoring this shift.

Example: Do ESR's two times a day for two minutes for four weeks while saying their priority goal as a affirmation.

**H. Extra support:**

Again, if a major shift has taken place, and depending upon the client's experience with techniques for healing, we often recommend reading material to support whatever level of awareness one is at.

## Touch For Health International Journal, 1991

For clients who are new to this kind of balancing, we recommend:

1. *You can Heal you Life*, by Louise Hay
2. *Touch for Health*, by John Thie
3. *Your Body Doesn't Lie*, by John Diamond and many more.

I have a list of more than eighty books in my office that I have associated to physical, mental, emotional and spiritual health and make suggestions accordingly.

### **I. Follow UP:**

Whenever possible test the body for the length of program and schedule the next appointment. This creates security, stability, and promotes cooperation and commitment to making a permanent change.

Upon first reading this article, it may appear to be a lengthy way to balance. But with some practice and organization it actually saves you time, as the client has the opportunity to be more organized and clear on what is really important and where the root of their imbalance is. This cuts down on time and sessions spent surface-balancing, re-balancing over and over for the same topic, as well as confused or disjointed sessions. It is my experience that a fifty minute session organized this way

accomplishes what used to take me three or four sessions to do.

My foremost intention is working with clients is to do what is best for them. Secondly, to work as quickly and effectively as possible - respecting their own pace of change, and thirdly to accomplish this with as little pain or discomfort as possible.

In conclusion, I would like to say that I support all of you in the foundation dedicated to helping and teaching others through the field of kinesiology. I acknowledge your uniqueness and I wish everyone success in being the best practitioner they can be. My sincere thanks at this time goes to Steve Ariss, my associate, teacher and friend, as well as my co-workers Janice Golub, Elaine Friesen, and Diane Duclos.

### **Bibliography and Reference**

Although no quotes were taken from any particular author's works, the majority of the material presented in this paper is based upon the research material of Steve Ariss and Suzanne Ryder

However, some correctional techniques have been mentioned that are credited to: John Barton, John Diamond, Louise Hay, John Thie, Frank Mahony, Gordon Stokes and Daniel Whiteside.