

## Will - Choice

by Grethe Fremming and Rolf Hausbøl

The following balance is taken from one of our Transformational Kinesiology (TK) Workshops. The philosophy behind this balance is ageless wisdom as presented in the books by Alice Baily and Torkom Saraydarian. The purpose of TK is to help people understand their own constitution and the energies influencing them.

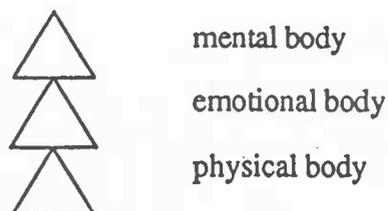
We all have 'will-power', some more than others; but how do we use it? The personal will is our driving force to have as good a life as possible - often for selfish purposes. This 'will-power' is an expression of our emotional longing. If we cultivated our will to also include a good life for other people, the animals, the nature and the Earth, our world would include more Love, Truth, Goodness and Beauty for the benefit of all.

Sometimes we have a goal but our limiting beliefs or negative emotions cut us off from reaching it. Many times we know what is right to do and yet we cannot help acting differently. We do not listen to "the little voice within". WE have a conflict among our thoughts, our emotions, our body and our conscience. The conflict can be so overwhelming that we do not feel we can reach the goal. This balance integrates our different bodies - physical body and mental body - to be in harmony with our Essence. It helps to change our attitude and automatic response patterns.

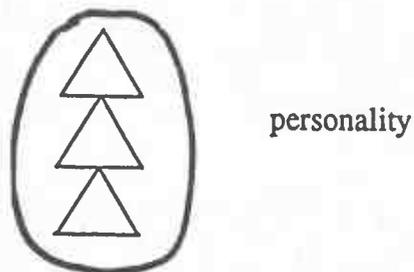
### Procedure

1. Clearing.
2. Goal, pre-check, permission.
3. Hand mode: Thumb-ring finger first joint (from top) left hand. Test IM switches off.
4. Dissolve hand mode. Verbal check/talk and note all relevant regarding prevalent feeling or belief troubling person. We can especially gain information from the energy center emotions.

5. Check left and right arm for the following statements. Note results:  
I feel.....  
I am.....  
I want to be .....  
I can choose to be .....  
I choose to be .....
6. Permission to balance.
7. Educate about personality. Person chooses colors and draws the 3 lower bodies



8. Person looks at one body at a time. Test. The body switching off the IM is the "unwilling" body. Educate about it.
9. Person chooses a color and draws a circle around the 3 bodies, while stating " We choose to be ....'positive feeling'".



10. Re-check #8, #5, hand mode, post-check goal.
11. Usually no home play. Let the person keep his beautiful drawing to remind him of his choice.