

Body Scanning for Hidden Stress

by Frank Mahony

As often happens during a session you hear a little voice say, "Do this!" And you do something that you have never done before, and another "AHA!" is born. Maybe a whole new belief system even.

Such a thing took place in a session with a man who was dealing with a phobia. Several times during the session his Indicator Muscle stopped indicating and he would proceed to thump on an array of acupressure points on his hands and face and then we could resume the session.

After the third such episode the voice said, "Hey! Find out what's going on. He's going to thump himself dizzy!" OH! Right!

"What do you feel is happening when you think of your phobia?" I asked, reading from a cue card the Universe was holding for me.

He replied, "I think my left brain is going off."

(Next cue card please). I directed him to, "Imagine being in a nice safe place." He did and I tested the Indicator as I touched all part of his head with the intention of seeing if all parts of his brain were on. The indicator tested strong on all areas. I then asked him to think of his phobia and I tested his "brain" as above. The Indicator tested weak on the left front of his head. I then said:

"Put a light bulb in your left front brain for your phobia and keep it on!" (this of course was an imaginary light bulb, so don't start jamming light bulbs or candelabras in to peoples head or other body parts). We no longer had any problems with the Indicator. This apparently simple exercise has proven to be a most powerful tool in identifying specific stress pockets in the body, and determining if a positive change has taken place during the session. Of course you may make this as complex as you wish, and I am sure you will.

Specific Stress

Lets assume that you have identified and are working to resolve a specific issue with your client. Have your client imagine being in a nice safe place and test the Indicator while placing your hand or fingers on organs of the body. The Indicator should test strong. I prefer to challenge

the exact areas of the organs rather than alarm or reflex point, but do as you will.

NOTE: The process is not limited to organs as muscle and other tissue may be involved. for the sake of brevity we will confine this exercise to the organs.

Then have you client bring the issue to mind and retest as before. If there is stress being held in body parts the indicator will change. You may ask if there are specific emotions involved with each body part. Perhaps each has a different emotion, but all could share a common one.

I would ask which is the best method of clearing the emotions, which varies from client to client. The easiest method I have found is to ask if something has to be let go, or if something has to be brought in. Which is the best way to do this; symbols, ritual, sound, color, etc.? What ever your belief system suggests.

After which, have the client focus again on the issue at hand and rechallenge the body parts as before. Perhaps they have all cleared or maybe there is still more to be done.

Example

The left eye, heart, lungs, and kidneys produced an Indicator change when the issue was brought to mind. The emotions was anger. The body said it wanted to clear it by releasing the anger in symbolic form. The client sees the anger as fire and puts it out with water. The body then wants to replace the anger with the color light blue symbolizing peace. The eye, heart, and lungs now test clear, but the kidney needs to forgive by hearing a specific piece of music for two minutes, after which all parts now test and being clear.

I have seen some most remarkable positive changes take place with this very simple, but precise (as precise as muscle testing can be) exercise. Try it! You'll like it!



For further information or interest in sponsoring Hyperton-X workshops, contact:

Frank Mahony – Hyperton- X
531 Main st. # 876 El Segundo, CA 90245
(310)322-3425