

WILL & THE BODY'S INTERNET

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Abstract: Establish client's 100% willingness to heal self and have the desired outcome in your SK sessions. Identify and release blocks in willingness with the aid of the List of 16 Willingness Questions that was created by Marcia Hart and Sherry Balcar.

Assumptions:

- Nothing changes in the body unless the brain changes it, and the brain only changes something when the individual is willing to change and have a new experience.
- Thinking gives us ideas and directives. It is our *will* that generates the action of our life? Our will hooks us up to the internet of life and sends the life current through the circuitry of our body/mind to generate life change.

Use this Information To:

- Identify how willing the client is to have what he/she says he/she wants.
- Identify what can release client willingness to implement the work of an SK session.

The Internet of the Body

The internet of the body is the energetic web or circuitry that interconnects all the parts of the body with each other, the brain, the mind and the rest of the universe -- it's a universal, world-wide-web when all of the mind, will and body are interconnected. SK techniques identify and offer changes to the nature of information or energy blocks that exist along our internal information highway. SK techniques offer a link-up service to the individual's internet and his/her will does the linking up and utilization of this service.

The Relationship of Will To Body and Mind

We assume here that **the mind**, ours and universal mind, provides the mental directives which inspire and direct our body function and life action. **The will**, personal and universal, determines how we are aroused and become active with the inspiration of the thoughts of our mind. **The body** responds to the mind's directives and the will's arousal to perform the actions. It is the expresser and physical experiencer of the dynamics of our mind and will.

Maximize Your Client's Ability to Heal Self -- Engage 100% Willingness to Change

The only one who heals anyone is the individual him/herself! SK functions to assist the individual in discovering what he/she must do to heal him/herself. So, why not enlist all the help of the client that could make this healing possible. 100% willingness to heal self is an essential requirement to have this result.

No matter how much a few parts of us may want to change or do something, it becomes impossible to be completely successful at this change or action until we are 100% willing to do this at all levels of our awareness. We have to invest all of ourselves into a desired transformation for it to become complete. This means that the mind has to allow us to be 100% free to act, and then the will has to provide the power and performance to carry it out.

© WILLINGNESS QUESTIONS

Created by Sherry Balcar and Marcia Hart (11/91)

Are you 100% Willing to:

1. Release the need for this issue? _____ (Wave)
2. Accept the benefits of positive change, defuse gently, and cooperate with yourself on all five levels of awareness? ____ (+)
3. To intend to implement the goal of this defusion?
____ (Boxed Triangle)
4. Risk success? _____ (Triangle)
5. Be equal to the challenge (of life) of the goal of the defusion?
____ (Infinity)
6. Deal with the real issues? _____ (Harmony of Spheres)
7. Take responsibility for owning your recovery? ____ (Circle)
8. Communicate directly and honestly? _____(Star)
9. Own (be responsible for)what you know and walk your talk?
_____.
10. Share what you know? _____
11. Own and use your creative/intuitive power? ____
12. Own and use your strength to manifest? _____
13. Act on your intuitive power and make clear choice? ____
14. Surrender to and cooperate with right timing of the cosmic/organic flow? _____
15. Transcend your genetic inheritance and go beyond the model set by your family, society and culture? _____
16. Be successful/prosperous in all ways? _____

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Inside ourselves, all the executives, all parts of our being, must sit down at the conference table and agree to be willing to make a change before it can be fully accomplished. Any action taken under limited willingness will produce only limited results and a lot of return visits to the SK practitioner.

Before doing any correction work in a SK session, I suggest that you establish 100% willingness of the client to do the work and make the change. Also, whenever changes have been identified and implemented in a session, establish 100% willingness to make them part of the individual's life right now.

TECHNIQUE:

1. **Test for 100% Willingness** to ____ at all levels of awareness (P/M/Em/Es/X). (Physical, Mental, Emotional, Essential, X-Factor)
 "Your Willingness to _____ is more than 100% at the P/M/Em/Es/X-factor levels."
2. Where testing (you get an indicator change) indicates that willingness is less than 100%, Identify from the List of 16 Willingness Questions **The factor(s) limiting Willingness.**
 "Your willingness is limited by factor # 1, 2, ... 15, 16."
3. **Discuss** with your client the willingness issue identified. Ask your client to connect it to the context of the focus of their SK session.

Stack into circuit all aspects that your client identifies as part of the issue (use a pause lock such as the following):

Ask the client to separate his feet and knees as he/she talks about the significant information; then, you touch your client and step your feet

apart to stack it in your own circuit as well..

When the next information is identified by your client, while touching your client, step your feet together and apart again as he/she talks about it. Then, ask him/her to do the same with his/her feet to stack it in his circuit.

4. **Complete setting up the circuit.** Use your SK skills to identify all information that the client's body requires in circuit before clearing is possible.
 "Is there more that needs to be put in this circuit before clearing?"
 If more is indicated, then go through your SK tools to find what else has to be stacked into circuit before willingness can be cleared.
5. **Use your SK skills to find what will clear the charge** maintaining the blocked circuit. Perform the identified SK corrections until Willingness is 100% at all levels of self.
6. **Continue with your usual SK session.**

AN EXAMPLE:

The issue is improving business and the blockage in willingness is at the emotional level.

At the Emotional Level,

Factor 5 comes up with testing -- "being equal to the challenge of improving business."

This leads to a discussion of what would be required of this person if his/her business improved; what would change in his/her life; is there anything he/she fears such improvement might trigger or require of him/her. All information is stacked into the circuit being built.

Testing then indicates that **more information is needed** in the circuit. Stacked into circuit is:

* The emotional state of **Pressured vs. Refreshed**, how to do more without feeling pressured is the issue;

* **Perelandra Rose, Eclipse** --"I am willing to grow, change and know the truth because I am the author of my life."

* **Solar Plexus Chakra** -- how to honor my contracts to self and do more work as well.

The circuit now tests ready to be cleared. Testing indicates that Eclipse Rose on the Solar Plexus will clear the circuit. This is done. Testing then indicates that willingness is now more than 100% at the emotional level.

100% Willingness to do what it takes to generate this outcome is now tested. Many circuits are built and cleared as the issues blocking this willingness are identified and cleared.

100% Willingness to make this change gently and easily is finally established. Circuits are built and cleared to release any charge on completing this work gently and easily.

Notes:

1. The List of 16 Willingness Questions is the copyrighted creation of Marcia Hart and Sherry Balcar. This process is offered with the desire that you integrate it into the framework of your own work. Please use and adapt it to your way of working. When you use this list, please give due credit.

2. The symbols listed at the end of some of the Willingness Questions were found to be useful in defusing those particular willingness issues.

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