

Goal Balancing

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Goal balancing has come together over the last few years in many different forms, and has been developed in specific ways by several people. It is hard to say where it began, but I would suggest that it might have been with the expansion of ideas surrounding the Touch for Health technique of Emotional Stress Release. Initially we just dealt with current stresses. Then E.S.R. Past-Present-Future opened up new ways of dealing with life's stressors. Using imagery to assist, this is a very useful technique.

Paul Dennison has done an enormous amount of research on dyslexia. Himself afflicted with dyslexia, he formulated "Educational Kinesiology" which as "Edu-K" is being taken to the American school system, and is achieving results hitherto thought impossible with slow learners. His book, *Switching On*, offers many ways to deal with the stresses of reading and writing and learning. Gordon Stokes has developed ONE BRAIN which utilizes many different ways to "clear" and integrate the brain. Wayne Topping offers a number of ways to deal with mental stress in his book, *Stress Release*. In his book, *Five Minute Phobia Cure*, psychologist, Dr. Roger Callahan, Ph.D., offers revolutionary, yet simple ways anyone can help themselves and their friends out of the blocks that confront them without having trained as a therapist at all!

To these people and many others go my thanks, and I hope that they will recognize their work in this synthesis which I have developed in the process of working with many people with great success.

It would be my suggestion that you may find this a simple framework from which to develop your own way of working. I feel that as soon as any technique or system is set in stone, we may lose a

great deal of spontaneity, individual flair, and useful guidance from intuition. Being responsive to the moment is part of the way to success in working with phobias and goals, and indeed in life itself.

Before We Start

To use kinesiology effectively, one needs to be a detective, constantly alert for the little clues which will lead us to solve the problem. One of the secrets of being a good detective is to LISTEN carefully. Sometimes the most innocent comment may yield enormous mileage, so it pays to listen to every word for its true meaning. Also our greatest affliction is lack of self-esteem, so always look for ways to help resolve this, it is a key.

Goal Balancing, Relief from Phobias and Fears.

Growth change and correction seems to be achieved by working on the meridian(s) where over energy is produced when someone thinks about or involves themselves with mental/emotional stressors.

Many tools are available to us:

Preparatory Tools -

1. Listening to hear and understand, "Active Listening"
2. E.S.R.
3. Balancing, by whatever means, TFH, A.K., E-K, One Brain, Tao-Key, etc.
4. Brain Integration Techniques
 - a. Correcting Switching
 - b. Correcting Gait
 - c. Figure of eight, and midline exercises.
 - d. Nostril Breathing
 - e. Central Meridian
 - f. Cross-Crawl and its derivatives.
 - g. Nutrition

Clearing Tools -

1. Working on over energy
 - a. N.L., N.V., Nutrition, Meridian Running, etc.
 - b. Tapping meridian beginning and/or end points.
2. Affirmations
3. Eye Rotations, L/R Integration
4. Temporal Tap
5. Nutrition
6. Bach Flower Remedies
7. Muscle Test Anchoring

It is important that this be a gentle procedure. Avoid confronting issues to pain level. Nothing is to be gained from making the person more uncomfortable than is absolutely necessary to achieve the energy disturbance, so we can find them and resolve them.

Psychological "Reversal"

In an attempt to have people realize their responsibility, some therapists make strong statements about this to their - victim - patient. This might take the form of "Of course you realize you brought this on yourself, don't you?" or "How long do you want to go on suffering like this, are you willing to let it go yet?" or "What do you gain from this illness/problem?"

Just because something is true, does not mean it has to be said. Gently leading someone to the resolution of their problem is infinitely to be preferred to prodding them with a toasting fork and pushing them a little nearer to the fire.

Most of us know all about "catch 22". We also understand "I wish I" Who is that second "I" who will not allow us to achieve what the first "I" wishes? Whether it be giving up smoking, or losing weight, or changing jobs, or whatever, some part of us will not let us achieve the goal which is part of us' heart's desire.

When we say, "I want to be happy", or "I want to enjoy life", and part of us resists this to the extent that a strong indicator muscle will then test weak - we have a problem! When a positive statement is

made, which by all accounts should make us strong, makes us weak, this is a reversal of the way things should be.

This is a clue. We all understand that we have a destructive part of us which resists all our efforts to achieve that which we most desire. Psychological "reversal" is a fact!

Dr. Callahan found a "key". He found that activating Small Intestine 3 resolved this energy conflict. Nothing short of genius! Or "inspiration". Anyway whatever, he found it. So we will use it! If a person tests weak on a S.I.M. when a positive life--goal statement is made, they are "reversed" and tapping SI 3 will resolve this.

It is wise to check this from time to time if one is dealing with a person in depth. Since in the same way that some will "switch" when in process, others will "reverse". So check occasionally that the individual has not "reversed" or "switched". If they have, then pay attention to the "switching" correction procedure, or to the "reversal" correction.

Affirmations

The power of the mind is virtually infinite. The power of thought can and does change the world. Yet we "think" we are powerless, and so we are. We think we can do something, we can, and do.

Affirmations are positive statements. They are best couched in terms which state the case as if it already exists and is present continuously, even and especially when it is not. Use strong verbs, such as "I release", "I am", "I love", for strong affirmations.

Thus: "I want to give up smoking." is not an affirmation.

"I am a non-smoker, and enjoy being free of the habit of smoking" is a powerful statement which could be used as an affirmation. It also strengthens the affirmation if it is personalized. "I, Brian, am a non-smoker."

The mind is very devious and will find all sorts of ways to avoid the issue and cheat us out of our desired goal. So when working for instance with smoking, be sure to cover all aspects of smoking in your challenging statements to the person whilst testing the indicator. E.G., "I, Brian, no longer desire to smoke even when I am having an alcoholic drink", and "I enjoy my food and never feel the need to spoil the flavor by smoking a cigarette afterwards. "I release the need to repeat all habit patterns connected with smoking." Cover as many aspects as possible, testing each statement out on the indicator.

Subjects frequently forget the words of the affirmation which shows how the mind is wriggling around attempting to avoid the issue. Focus more carefully if this happens. It may be necessary to rephrase the statement.

Self-Image & Self-Talk

The deepest seated of all problems is our basic lack of love and confidence for and in ourselves. If someone cannot say "I profoundly and deeply accept and love myself with all my problems and shortcomings" without the indicator going weak, they need a correction of Small Intestine 3 by tapping it twenty or thirty times. It also works well to have them say this on a regular basis, whilst taking Rescue every half-hour.

In the TFH ITW we talk about "Self-Talk". This involves saying things to yourself which build you up rather than tear you down. Most people talk to themselves very destructively, and even rudely and insultingly. "I am an idiot", "I am useless" etc. The opposite tack is essential. Encourage your subject to listen for and eradicate all negative self-talk.

Correction Options

One may approach corrections in many different ways, from the simplest to the most detailed. Some circumstances may be conducive to one approach and other occasions to a different way of handling the situation. Whatever you do will help,

sometimes completely, sometimes partially, sometimes only for a short duration and then the process may have to be repeated, or some other method utilized.

As one becomes familiar with all the tools available, and sensitive to the needs of each individual with whom we deal, then trust that the right approach will happen.

One Simple Option -

1. Establish a "clear" muscle indicator to test, i.e., one which will switch off.
2. Check for switching.
3. Check for reversal and correct if necessary.
 - a. Have the person say "I am ready to ..."
If they test weak, correct SI 3 with 30 taps. Whilst saying: "Although I have ... I love and accept myself."
 - b. Have the person say "I want to keep my ..."
If they test strong, correct SI3. Whilst saying: "Although I have etc."
4. Test indicator whilst subject thinks of or states problem:
 - a. If strong, test for switching or reversal.
 - b. If weak, touch Stomach alarm point. If this strengthens the indicator, tap the beginning and end points of the Stomach meridian.
 - c. If weak, and Stomach alarm does not change indicator, check the other meridian alarm points starting with the spleen, and then tap the beginning and end points of the meridian which changes the indicator.
5. Recheck the indicator while the person goes over the problem again. Preferably check out that they are over it as soon as possible by carefully exposing them to the actual problem.

One could use the pulses to TL for a change of indicator if you would prefer to

use them, maybe using the deltoid for an indicator.

A More Detailed Correction Option:

1. Utilize some or all of the preparatory tools suggested above. Use the usual screening procedures to determine which to use, and in order by priority.
2. Optional check for reversal, "I want to be happy and well" should test strong, "I want to be miserable" - should test weak. You may use any statements which imply the same thing. If reversed, use SI 3, tapping 20-30 times.
3. Focus on the general area to be dealt with. Think about all the ramifications. Do your best to find the central core of the problem. Most problems have a hub, and many "spokes" which radiate out. Whilst thinking about the main issue, preferably having the subject verbalize wherever appropriate, then one or more of the following:
 - a. Check pulses for over energy (or alarm points). Correct over energy meridian by tapping beginning/end points. rubbing NL/ touching NV/, etc. If more than one meridian shows, check for switching.
 - b. Test "clear" indicator muscles bilaterally. If one weakens use brain integration by drawing the arms together watching the hands, whilst repeating the positive affirmative statement. If they weaken bilaterally, use eye rotations whilst the affirmation is repeated. Ensure that they "track" your fingers correctly. At specific points in the circuit they may "flip out" and if this happens, this is an indication that the brain is "avoiding the issue" and the statement will not "hold".

N.B. Sometimes the subject will "forget" what the statement was, especially if you are assisting them formulating it. This

"forgetfulness" is another indication of the brain's unwillingness to "let go" of this particular problem.

- c. When you find the weakening of an indicator muscle, utilize the "realms" to find which is the most appropriate way to correct the imbalance, using priorities:

Electrical: 5-Element Umbilicus, Cloacals, Gait, Hyoid, X-Crawl, Blood Chemistry

Emotional: E.S.R., use all sense, BodyScan, Affirmations.

Emotional-Bach Remedy Mode: Check Bach Remedies.

Nutritional: Use Ridler/substance to find vit./min. need

Nutritional-Allergy Mode: check for allergens to correct.

Structural: Utilize TL to find vertebral involvement.

Chakra: Correct touching Crown Chakra and holding 1" over cuts.

- d. Temporal Tap: Tap in confirming positive statements to Left Temporal Bone, and confirming negative statements into the Right.