

Pro/Con Issue Defusion

by Sharon Promislow

The brilliance of kinetic work is never brighter than in its ability to assist the client in identifying the priority stressors underlying his/her body and brain imbalances. Correction literally flows from new understanding.

This Pro/Con issue defusion was inspired by the work of Dr. Wayne Topping and is made more profound with techniques drawn from One Brain. It is a superbly insightful and easy way to approach any stressful and puzzling relationship, goal or issue the client may present. It is particularly useful for breaking down into segments an issue that in its totality causes overwhelm for the client.

A. Analyze Issue in Depth

1. On the top of a sheet of paper write down the affirmation, statement, goal or issue. Create two columns - Pro and Con.
2. On the left side of the sheet, have the client write down all the pros--everything good that will come if it were to be actualized. Everything, no matter how silly.
3. On the right side to the sheet, have the client write down all the cons--all the negative things it would cause in your life, fears, etc. Again, everything, no matter how silly. Muscle check that all necessary pros and cons have been identified. If not, determine how many are missing, and assist the client in determining what they are. This is, in many cases, the most insightful part of this defusion.

B. Defuse Stress with Muscle Testing

4. Muscle test to determine which pros and cons are stressful.
Determine the percentage of Negative Emotional Charge on stressful issues: more than 60%, more than 70%, etc., until arm falls.... more than 65, 66, 67%, etc. until arm falls.

5. Muscle test for the priority stressor (is is most often a pro!)

Determine the priority emotion using Five Element emotions, the Behavioral Barometer or Barton's organ emotions. If a pro, determine percentage of positive emotional charge.

6. Ask permission to age recess to age of cause or best understanding if you possess these skills. Determine that age.
7. Defuse this issue at that age with a priority correction offered from your personal knowledge. Usually frontal occipital holding is sufficient.
8. After defusion retest indicator muscles on issue. If strong, determine that the emotion is now clear and issue is 0% negative emotional charge, at age of cause and in present time. (If you wish use, other One Brain skills (infusion, future progression etc.,) to support your balance.)
9. Proceed to retest all the other formerly stressful statements. Most if not all will have been defused by the priority defusion. If any remain, determine next priority issue - Pro or Con- and repeat steps 5 through 9 for defusion. Retest until all pros and cons are 0% negative emotional charge with no emotion locked in.
10. Muscle test main issue. It should be stress free, 0% negative emotional charge and 100 % positive emotional charge. Defuse if necessary to achieve this.
11. Confirm 100% willing to get the benefit of this balance. Defuse if necessary.
12. Determine if there is any homeplay necessary to support the new integration.

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