

The Diamond Balance

by Warren Jacobs, MD

The following balancing protocol, developed from the ideas in the book, *Life Energy*, by John Diamond, MD, focuses on raising the patient's performance level by reversing negative emotional states to positive states through the use of **thymus life energy**.

The purpose of the procedure describe herein is to neutralize negative emotional states, which the patient may or may not be aware of, through the use of life energy generated by the thymus gland.

Preliminary testing:

1. Test an indicator muscle (IM) in the clear while the testee makes the following statement using their correct name,

"My name is..."

2. Repeat the test while the testee makes the statement using an incorrect name,

If the IM tests "strong" to the first statement and "weak" to the second, you are ready to continue.

If not, balance the IM until satisfactory results are obtained.

Before proceeding to the Thymus balancing procedures, we check out the Central meridian and Governing Meridian balance.

Central Meridian Balance:

Zip up on central meridian and test IM.

Zip down on central meridian and test IM.

If "strong" on zip up and "weak" on zip down, zip up once again and proceed to the *Governing Meridian Balance*.

If "weak" on zip up and "strong" on zip down, the central energy is reversed. This must first be corrected before proceeding with the Thymus Balance.

The negative emotions for reversal of central meridian energy are, "What has shamed you?" or "What are you shy about?" or "What has threatened your reputation?"

When the appropriate emotion is identified and confirmed by testing with the IM, proceed to balance the negative emotion (shyness, shame, or lost reputation) by stating an Appropriate positive affirmation, such as, "I can be a success" or "I am a success" or "I respect myself" or "My reputation can be restored."

Go back now and zip up the central meridian. It should test strong with the IM.

Governing Meridian Balance:

Zip up, starting over the perineal body, continuing up the back, over the top of the head and down to the upper lip. Then test with IM.

If "strong", go on to Thymus balance.

If "weak", ask, "What has embarrassed you?" Identify and test with the IM to see if correct.

Now, balance the embarrassed by stating; "Even though this (or that) happened and embarrassed me, I can still take pride in my work, my character, my parenting, etc., or whatever seems appropriate."

Now, re-test after tracing Governing meridian to confirm a "strong" IM.

With Central and Governing energies flowing in the proper direction, we are ready to proceed and test THYMUS.

Thymus Balance:

Point a single finger at the thymus and test the IM.

If IM tests "strong", suggest to the testee that he/she think of a stress and re-test until the IM tests "weak" while pointing to the thymus.

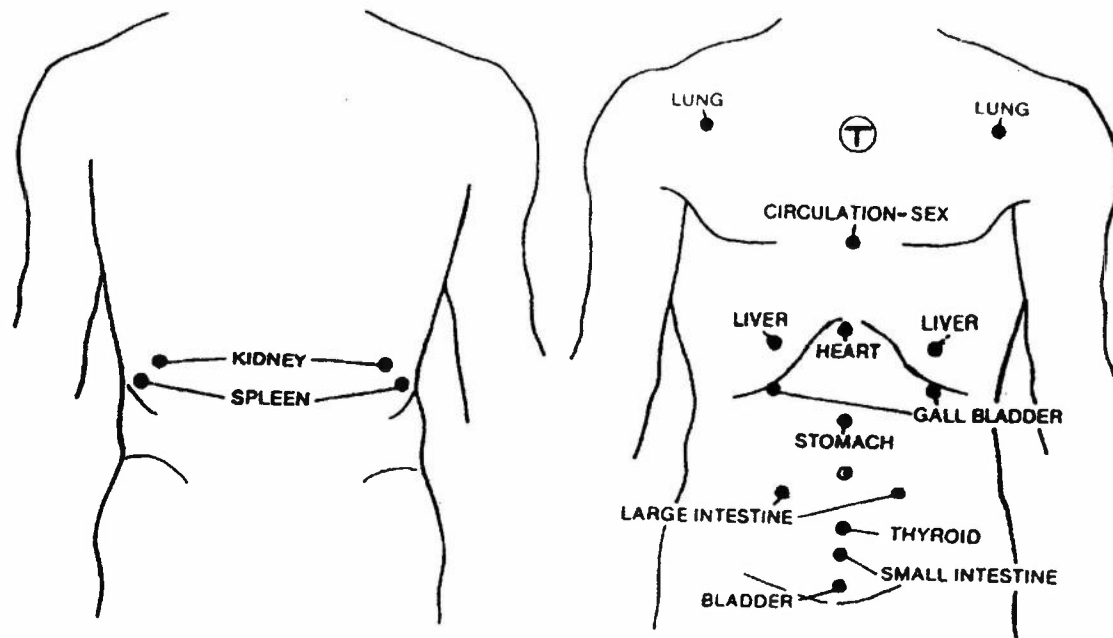


Figure 1. Meridian Test Points
(after John Diamond, *Life Energy*)

Now, explain to the patient that with this stress the thymus is weak, and so is one side of the brain. That is, under stress, one side of the brain dominates at the expense of the other side, and the weakened side is unable to process adequately, resulting in behavior that seems out of place to others and often is even an embarrassment to the one behaving inappropriately.

To determine which side of the brain is dominant, test the IM while holding your other hand in an open position a few inches from one ear with the palm facing the ear. Then repeat with the other ear. The dominant side of the brain is identified by a "weak" test response, indicating an overwhelmed condition in the dominant side of the brain.

For right dominance: we proceed to test the over-energy points that are located down the sides of the body. Either side will do. They are:

- Lung,
- Liver,
- Gall Bladder,
- Kidney,
- Spleen,
- Large Intestine.

For left dominance: we test the over-energy points that lie on the centerline:

- Circulation Sex,
- Heart,
- Stomach,
- Triple Warmer,
- Small Intestine,
- Bladder.

The locations of these points are shown in the above figure from Dr. Diamond's book, *Life Energy*.

On the following page you will find a table listing the positive and negative emotions associated with each meridian. (The information in this table is also derived from Dr. Diamond's book, *Life Energy*.)

If the patient muscle tests "weak" while you are touching the LUNG test point, find which negative emotion from the list under Lung best fits that feeling from which the testee has been hiding. Do this by reciting and testing each of the words on the list in turn while muscle testing with the IM. There will be a change in the energy with only one of the words on the list. You will be amazed no doubt with the precision of the indication. For example, scorn may fit and disdain may not., even though the meanings are not very far

**For right brain dominant
over energy points:**

LUNG
negative: disdain intolerance prejudice scorn contempt hautiness false pride
positive: tolerance modesty humility

LIVER
negative unhappiness
positive happy cheerful good fortune

GALL BLADDER
negative rage fury wrath
positive "I reach out to you with love and forgiveness"

KIDNEY
negative: sexual indecision
positive "My sexual energies are balanced."
"I am sexually secure."

SPLEEN
negative anxiety about the future
positive "My future is secure."
"I have faith and confidence in my future."

LARGE INTESTINE
negative "I feel guilty."
positive "In spite of my guilt, I am basically good and clean, and I am worthy"

**For central and governing
meridians:**

CENTRAL
negative shame shyness
positive success self respect restored reputation

GOVERNING
negative embarrassment
positive pride

**For left brain dominant
over energy points:**

CIRCULATION-SEX
negative jealousy stubbornness sexual tension regret remorse
positive "I renounce the past." generosity relaxation

HEART
negative anger
positive love and forgiveness in my heart

STOMACH
negative disgust disappointment bitterness greed emptiness deprivation nausea hunger
positive content tranquil

TRIPLE WARMER
negative depression despair hopelessness despondency loneliness solitude grief
positive light buoyant buoyed up by hope

SMALL INTESTINE
negative sorrow (lost good) sadness (full of tears)
positive jumping with joy

BLADDER
negative restlessness peaceful frustrated impatient
positive calm harmony "I am balanced." "Dissonances and conflicts within me are resolved"

apart. When the precise word is identified, and the testee connects with the life situation (past or present) that is significant, and hopefully "owns" this negative emotion, have the testee so state. Now the testee is ready to balance the negative with a positive statement to bring the weakened side of the brain back into function.

Note - We do not attempt to talk the testee out of the negative or to have the testee see the folly of the negative. Rather, we identify the negative, admit ownership of the negative, and then proceed to BALANCE this negative with a positive statement. For example, "In spite of the scorn I have felt for Carlos in the past, I can be more tolerant of him now." With that stated, retest the IM with a finger over the lung point. If the IM tests "strong", test the IM with the open hand near each ear in turn. Each side should test "strong".

Now, return to the thymus. If touching the thymus tests "strong" with the IM, then this is the basic issue of stress in this person, and the balance is complete after he/she repeats,

"I am filled with Love, Faith, Trust, Gratitude, and Courage,"

while thinking of what meaning each of these words has for him/her at this moment.

You often find that a single level does not quite do it. That is, after you have gone through the steps described above:

1. Identified the dominant side of the brain in the stress
2. Found the over energy point
3. Identified the word that triggers the weakness within that meridian
4. Had the testee relate that feeling to his life experience
5. Balance the negative with a positive statement
6. Test the indicator with the open hand near each ear in turn and find each strong.

With all this done one often finds that upon going back to the thymus it still tests weak. This tells us that perhaps we have just peeled off the top layer of the onion and there is something beneath. We need to go deeper and uncover what is often another layer. It is interesting that these layers are related and

give some insight into our reactions and behavior, which have often seemed so inappropriate to others and to ourselves.

Thus, if on retest, the thymus is still "weak", proceed to find which side of the brain is dominant with this next yet undisclosed stress in the same manner as with the previous. That is, with the open palm test the IM with the palm opposite each ear in turn. Again, if the IM is "weak" with the palm by the left ear, test the alarm points down the center of the body. If "weak" with the palm opposite the right ear, test the alarm points down the right side of the body. The weakness indicates the dominant side that has blown out with the stress.

As with LUNG in the first example, we attempt to identify the precise word in the negative from the list provided for us by Dr. Diamond for the over energy point with which we are now working.

To Sum Up:

1. Identify the over energy point.
2. Identify the negative emotion that best suits.
3. Have the subject relate this emotion to his/her life experience.
4. Have the subject accept this negative emotion as his/her own.
5. Then balance the negative expressed and owned by having the subject recite the positive from the list provided by Dr. Diamond.
6. Retest with the indicator with a finger pointing to the over energy point that was previously weak and see if it changes to strong. It should now test strong.
7. As a further check one can now go back to the right and left ears with the open palm and test each in turn. They each should now test strong signifying that both sides of the brain are now energized.
8. Now, go back to the thymus and test. If weak, repeat the entire process to uncover the next layer. If the thymus tests strong, we are down to the basic stress and the balance is completed by having the subject recite:

"I AM FILLED WITH LOVE, TRUST, FAITH, GRATITUDE, AND COURAGE."

This is the "Diamond Balance" as used by the author, adapted from Dr. Diamond's book *Life Energy*, Dodd, Mead, & Co, 1985.