

Balancing to the Core with the Inner Clarity (IC) Four Bodies Protocol

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Abstract: At times, persistent energy imbalances re-occur regardless of our efforts to correct them. In this presentation I describe and demonstrate an effective protocol for accessing the deeper layers of such disturbances. The protocol derives from an energy-based modality called Inner Clarity (IC), which recognizes four energy bodies that comprise the human energy constitution. By using the IC protocol, the deeper mechanisms of an imbalance can be accessed with the assistance of muscle-monitoring. Once these deeper mechanisms are laid bare--and brought into conscious awareness--a full and more permanent correction can take place.

Introduction: We've probably all had the experience of encountering certain energy imbalances or patterns that persist; no matter how many times we correct them, they show up again. When this happens it's a big clue that something is going on at a deeper level. The question is: How to get to this deeper level in a safe and efficient manner? The Four Bodies protocol derived from the Inner Clarity (IC) modality offers a safe and effective step-by-step procedure for going behind the scenes to get to the core of energy imbalances.

About Inner Clarity (IC): The human being is an energy being with many layers forming our personalities and spirits. These energy layers are subject to disturbances created by stored emotions, limiting thought patterns or belief systems. When these disturbances remain in the energy system, they can cause ripple effects into other aspects including the physical body. In an Inner Clarity (IC) process, light-touch kinesiology muscle testing is used as a sensitive feedback tool to access information from the bodymind system to find limiting beliefs and clear out destructive patterns. Because muscle testing responds to words, questions are asked and answers given in a way that disassembles defenses, and interrupts old programming or automatic reactions. IC is a powerful opportunity for self-discovery, transformation, and lasting change.

The Four Bodies Model:

Inner Clarity (IC) is an energy-based modality that conceptualizes the human being as an energy being. It utilizes as its foundation the multidimensional model of William Tiller¹ in which energy and consciousness are primary. In Tiller's model the human being exists on an energy continuum in which we occupy multiple levels of experience simultaneously. Upon these levels are formed our energy bodies, the vehicles through which we experience on any particular level. Although Tiller recognizes seven levels, for the purposes of the IC testing protocol the seven levels are synthesized into four, along with their accompanying bodies as described in the book, *Endless Energy: The Essential Guide to Energy Health*.² The four bodies are the vital, emotional, mental, and universal. Below I describe the four bodies in an abbreviated manner, however, please refer to *Endless Energy* for a more thorough description. Let's look at each body individually, along with its testing protocol.

The Vital Body

The energy continuum of the human constitution ranges from the low vibration (slow frequency) of the dense physical plane to the high frequency (fast vibration) of the universal plane. The vital body occupies the lower frequency end of the energy spectrum. The vital body is interwoven into the dense physical body and extends beyond it for several inches. The vital body vitalizes us and acts as our power supply. It is comprised of the chakra system, the meridian system, the Tibetan eight system, prana, and other subsidiary subtle energies.

The physical and vital bodies must be understood together as a seamless whole--as two sides of the same coin--because without the vital body the

¹ William Tiller, *Science and Human Transformation: Subtle Energies, Intentionality and Consciousness* (Walnut Creek, CA: Pavior, 1997); William Tiller, *Psychoenergetic Science: A New Copernican-Scale Revolution* (Walnut Creek, CA: Pavior, 2007).

² Debra Greene, *Endless Energy: The Essential Guide to Energy Health* (Maui, HI: MetaComm, 2009).

physical body would be lifeless and inanimate. It would be a dead corpse instead of a living body. Thus, the physical body is best referred to as a vital/physical body.

The vital body has special properties: One is the Interface Effect and another is the Blueprint Effect.³ We'll look at the Interface Effect first. The vital body acts as an interface between the dense physical body and the other higher frequency bodies—the emotional, mental, and universal. The vital body adds energetic substance to the physical body and reinforces it. As an interface, the vital body is the “go-between” in that it registers energy and information from the higher frequency bodies and translates those signals into physical substance. It is through the vital body that “belief becomes biology” and that our thoughts and feelings impact our physicality. The Interface Effect also means that energy and information from the emotional, mental, and universal bodies can be accessed through the vital/physical body—providing an important and useful avenue of communication for kinesiologists.

According to the Blueprint Effect, the vital body acts as a blueprint for the dense physical body. The vital body is an exact replica of the dense physical body—part for part, organ for organ. As a blueprint, energy imbalances in the vital body predispose the physical body to illness or disease. Or, to put it differently, if something exists on the physical level it originated *first* on the vital body level. Conversely, this also means that if you correct an imbalance in the vital body you can predispose the physical body to healing, the basic premise of the Touch for Health system.

The Emotional Body

The next higher frequency band of the human energy constitution contains the emotional body. The emotional body is responsible for our experiences on the emotional plane. Ecstatic highs, desperate lows, and everything in between can be found on the emotional plane. Because it occupies the frequency band in between the physical and mental bodies, the emotional body is highly influenced by the physical

body as well as by thoughts. The emotional body also exerts powerful influence on its neighboring bodies. As a lower, slower vibration, the energy of the emotional body is relatively dense, carrying a sort of forceful, “raw” energy. The force of the emotional body combined with the fact that many people ignore this body's needs makes the emotional body one of the most active and most misunderstood.

The Mental Body

The mental body is considered a higher frequency body and is responsible for mental capacities and thoughts. It has a dual aspect to it—both concrete and conceptual. The concrete mind is responsible for factual analysis and problem solving whereas the conceptual aspect of the mental body is used for more abstract or philosophical thinking. The mental body also gives us the capacity for self-observation. As a higher-frequency body, the mental body's energy is of a finer, faster frequency and it exerts significant influence over the lower frequency bodies (the emotional and vital/physical bodies). Because of its proximity to the universal body, the mental body also receives energy and information from the universal realm including intuitive insights and “ah-ha” shifts in awareness.

The Universal Body

The universal body, sometimes referred to as the spiritual body, is the highest frequency body on the human energy continuum. The substance of the universal body is consciousness. Consciousness is the “glue” that holds our bodies together. It is the great mediator that allows us to connect-the-dots of our varied life experiences and synthesize them into a coherent whole forming the essence of a unique self. Simultaneously, consciousness also connects us beyond the self to the greater whole.

The consciousness of the universal body manifests in varying forms. These include selective, individual, collective, intuitive and unity consciousness. Selective consciousness involves attention and intention whereas individual consciousness refers to the sum total of an individual's awareness amassed over the span of a lifetime. Collective consciousness is the

³ Debra Greene, *Endless Energy: The Essential Guide to Energy Health* (Maui, HI: MetaComm, 2009).

conglomerate of all our individual consciousnesses combined, and intuitive consciousness refers to our ability to tap into that collective. Unity consciousness is the palpable experiencing of the oneness of all.

The Role of Consciousness in the IC Protocols

Consciousness is the substance of the universal body, a high-frequency energy and, as such, consciousness itself is vibrating at ultra-high frequency. Thus, it carries with it special properties. Consciousness is causal (causing things to manifest), intrinsically healing, unitive in nature, mobile, and limitless. Because of its special qualities, consciousness plays a significant role in the IC protocol: *any deep or lasting change requires the presence of consciousness.*

It is essential that the client make sense of the information derived through muscle testing; they must be able to place the information within the context of their lived experience and to connect the dots. **Therefore, the IC protocols are to be kinesiotically tested out loud along with the conscious participation of the client.** Verbal questions are asked and answers derived in a way that facilitates sense-making. Muscle testing should not be used to replace conscious awareness. Keeping this in mind, let's look at some energetic distortions common to each of the energy bodies and how to test for them.⁴ The protocol below contains suggested parameters from IC, however, the list is not exhaustive and creativity is encouraged.

The IC Four Bodies Protocol:

- 1) Set a goal or clear intention (intention is a high-frequency energy of the universal body and, as such, it conditions the energy field making it conducive to easy facilitation)
- 2) Test out loud to find out which body holds the key to understanding the core blockage or distortion. Ask: "What's getting in the way is best understood on the physical, emotional, mental, universal level?" One of

the bodies will be indicated. If more than one, prioritize.

- 3) First ask the person about the indicated level and only if they do not know the answer, then test further to find the specific parameter, as a last resort. Remember, consciousness is paramount!

- Parameters to check for the Physical level: A body part, distortion in the cells, a physical object, a physical location
- Parameters to check for the Emotional level: A feeling (mad, sad, scared, glad, hurt), an attachment, a desire, an identification, a glamour
- Parameters to check for the Mental level: A decision, a conclusion, a repetitive thought-form, a conviction, an illusion, a judgment
- Parameters to check for the Universal level: Dogma, idealism, a defining belief system, a core value, duping, trancing
- Additional parameters to check only if necessary:
 - Check Timeframe: What we are looking for is best understood in the past/present/future?
 - Check Context: What we are looking for is best understood in the context of family/love/work/religion/friends/health/money/education/sex/career?

- 4) When the specific parameter is indicated, ask the person how it applies to their goal. Give time to allow them to engage their consciousness, come up with the answer, and put the pieces of the puzzle together.
- 5) Once the insight is gained, balance as usual according to your expertise and skill-base.

By using the energy-based IC protocol you can help ensure the maximum energetic support for assisting your clients. Going behind the scenes to the energy bodies and accessing the high-powered energy of

⁴ Debra Greene, *Inner Clarity (IC): Energy Essentials*, training manual for the IC program.

consciousness at the universal level helps facilitate lasting change at the core.

Notes:

About the Author: Debra Greene, PhD, is an energy health specialist who has worked with thousands of clients and taught hundreds of workshops. She is author of the acclaimed book, *Endless Energy: The Essential Guide to Energy Health*, and founder of Inner Clarity (IC), a holistic energy balancing method that uses energy kinesiology to access deep level imbalances and energy-based techniques to transform them. Visit her on the internet at www.JoyfulEnergy.com.