

EI #1½b Ionisation

We take on ions from air, food & environment, and this can effect our electromagnetic charge.

The ionisation balance is all about our relationship with our environment.

Positive Ions: created by synthetic / man made environments (concrete jungles)

Negative Ions: created by natural environments

An imbalance in our ionisation:

- Effects neurological scrambling
- Effects absorption of minerals
- Effects enzyme function and therefore nutriment absorption

Metaphysics

Not feeling grounded and needing grounding

Out of synch with the environment

How is the environment that you are in effecting you

Needing to focus on balance in relation to the goal

Evaluation:

1. Using a clear circuit indicator muscle test the following
2. Breathing in through one nostril (covering the other nostril) TEST IM and then breathing out of the opposite nostril (covering the other one) TEST IM. Repeat with the other nostril (testing each breath). Note all unlocks.
Left nostril is a reservoir for negative ions and the
Right nostril is a reservoir for positive ions.
3. If IM unlocks, need to balance.
4. Find emotion and dynamic (**only** required when using this as a finger mode **or** if doesn't clear with the correction alone as a pre-check)

Balance A - Respiration / Reverse breathing

1. Breath in **or** out (several times) in the opposite breath to any unlocking breathing phase found in the evaluation
 - a. If the **in** breath causes an IM unlock, do some short sniffs **out** through the involved nostril & breathe in through mouth. Repeat several times.
 - b. If the **out** breath causes an IM unlock, do some short sniffs **in** through the involved nostril & breathe out through mouth. Repeat several times.

Checking changes:

1. Repeat breathing phases as per the evaluation to show that all now lock
2. Check emotion (if tested)

Note:

If you are using this technique in the **pre-check** section **do not find an emotion**. Just do the correction and then retest.

If it **does not clear** using the balance only, **then find an emotion**, discuss the relevance (between the emotion and the metaphors of Switching), repeat balance and then check changes.