

## Goal Energiser Balance On Another

### Pre-Evaluations

1. Demonstrate, Explain, Empower, Educate on your current definition of kinesiology.
2. Clear circuit IM - A muscle that you can turn on (lock) and off (unlock), bilaterally. Both in contraction and extension (Physically, emotionally, and biochemically - link back to triangle of health).
3. Test (and correct if needed) all pre checks - CV, Switching, Thymus, Ionisation, Dehydration.
4. Find a suitable goal for the balance (see BKP 101 for details).
5. Test "This is the best goal for now" IM lock = Yes if IM unlocks check if there is something to add, delete, modify or discuss another aspect.
6. Discuss issues around the goal - Ask client "what tools, resources, traits, ways of being etc do you need to bring in to achieve this goal".
7. Assess the client's % thymus energy and % stress around the goal.

### Evaluations

1. While you keep the client thinking about / talking about the goal, check some of the pretest options such as:
  - Gaits
  - Auriculars
  - Switching
  - Ionisation
  - Central meridian
  - Visual inhibition
  - Cross crawl
  - Dehydration

Note: WE DO NOT BALANCE PRETESTS (These are **objective** benchmarks to demonstrate change, we will add to these as we progress through the course).

2. Have them demonstrate an activity (related to the goal) that is challenging or not easy to do, e.g. if pain is present, rate out of 10); show flexibility - forward and side flexion or a task related to the goal.

NOTE: These are **subjective** benchmarks to demonstrate change, we will also add to these as we progress through the course.

3. Find the emotion and the dynamic involved with the goal. Ask the client to think about and discuss what this means for them in relation to the goal as you do the balance.

### Balance

1. Stimulate the NEs (firm massage), the NLs (vigorous/firm rub) & NVs (light hold) & trace/run the meridian 3 x for Central
2. Stimulate the NEs (firm massage), the NLs (vigorous/firm rub) & NVs (light hold) & trace/run the meridian 3 x for Governing
3. Check the time of day that you are doing the balance
4. Stimulate the NEs (firm massage), the NLs (vigorous/firm rub) & NVs (light hold) & trace/run the meridian 3 x for the time of day you are currently in eg if 8am it would be stomach

### **Checking The Changes**

1. Check the goal
2. Check the emotion is clear
3. Reassess % of Thymus & % Stress
4. Reassess pretests & pre-activities
5. Say to client "now that you are congruent with this goal, how might you be different and whats your first step to living this"
6. Discuss possible home reinforcement