

Em #5a Colour Balance

Colour is another powerful frequency that we can use the help the clients energy shift.
Great balance for kids.

Metaphysics:

Where is colour in your life being blocked.

Do you need more colour in life?

Controlled / nurtured by colour through the five element cycle.

What do the colours mean to you?

Bring colour/vibrancy to your life.

Look at the metaphysics of each colour / element.

What does a rainbow represent to you?

What does bright light represent to you?

Tools / Resources

Coloured (each of the 5 elements) cards / scarves / gels

Evaluation:

1. Test **Supraspinatus** (Central Meridian) **bilaterally**
 - if unlock hold ESR points and visualise a **rainbow** - then retest (should now lock)
2. Test **Teres Major** (Governing Meridian) **bilaterally**
 - if unlocks hold ESR points and visualise **bright light** -then retest (should now lock)

Note: Use bilateral supraspinatus as IM. If cannot test both (bilaterally) then we recommend using the left supraspinatus as this is controlled by the right side of the brain where we process colour.

Balance:

1. Client chooses any colour from the five element chart and looks at the colour (use your colour cards / scarf / gels / or visualises it). As they are doing this test supraspinatus bilaterally...
 - If locks... move to next colour on the **Sheng** cycle
 - if unlocks on the colour ask:
 - 'Any negative aspects to defuse' (Y/N) OR
 - 'Any positive aspects to infuse' (Y/N)
5. Find emotion of the involved colour using emotional colour chart
6. Hold ESR points as client looks at colour and considers the emotion. Talk this through if they choose to process it verbally.
7. Recheck colour
 - IM now locks while client looks at or visualises the colour.
 - IM still unlocks - do more of the ESR whilst client looks at / visualises the colour.
8. Continue around the **Sheng** cycle testing each colour sequentially & balancing each **unlock** as you go.
9. Once Sheng cycle is completed then move to **Ko** cycle and test each colour in the Ko sequence & balance each **unlock** as you go.

Checking changes:

1. Check each colour in turn on the **Sheng** cycle (all should now lock)
2. Check each colour in turn on the **Ko** cycle (all should now lock)

COLOUR BALANCE

CENTRAL



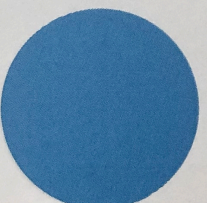
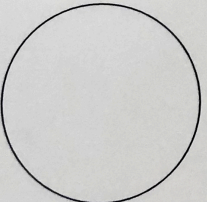
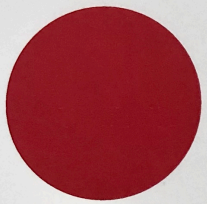
SUPRASPINATUS
figleaf

GOVERNING



TERRES MAJOR
chicken

SHENG CYCLE



KO CYCLE

